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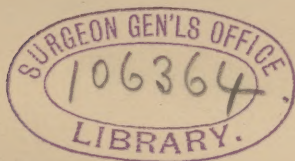
## GENERATION.

THE PHYSICAL LAW INFLUENCING SEX IN THE  
EMBRYO OF MAN AND BRUTE,

AND

*ITS DIRECTION TO PRODUCE MALE OR FEMALE  
OFFSPRING AT WILL.*

By SAMUEL HOUGH TERRY.



NEW YORK:

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## CHAPTER I.

### INTRODUCTORY.

THE writer of this little treatise has been a husband and a father over thirty years. The first five children his wife bore him were girls. A natural desire for sons led him to make some investigation into the subject of the origin of sex, and the first movement was to collect facts that seemed to bear on it. After much consideration of these facts, and of the constitutional characteristics of those families where a tendency to the production of one or the other sex exclusively prevailed, he formed a theory on the subject, and, being the owner of some farm stock, he commenced experiments with them in the line of this idea, by which he was led gradually along to the adoption of the theory herein presented as the true physical law governing the reproduction of sex, and which he hesitated not to put in practice in his own marital relations, with the result that of the last four children born to him three were boys.

That in every instance the reduction of this theory to practice will produce as certain and definite results, will not now be positively claimed. The peculiarities of our physical condition are so varied, and often mysterious, that it is well known that what will act on one person, is inert on another. Remedies which are accounted specifics in certain diseases occasionally fail. And it is enough to claim a like general rule for the operation of the "physical law" herein presented.

This much is done with confidence, so far as the comparatively limited range of one person's experience can give confidence. By the nature of the subject there can be but limited opportunities of comparing the experiences of other persons in practically testing the theory so as to give greater confirmation. The theme and the instructions are such as modesty shrinks from introducing as subjects of ordinary conversation in the social circle, and it is only in the form of a printed volume that an opportunity can be given to others to test the theory.

It is hoped that confirmations of the theory in the personal experiences of any reader of this book will be communicated to the author through



the publishers, as also failures where the conditions herein named are attempted to be complied with, giving the physical traits and other proper information regarding the parents in both cases. Such communications tend to confirm the truth, and to establish an array of facts all-important in further adapting the theory to the varied phases of man's physical condition. Such communications will be held reverently sacred and confidential, and, in any public use of them, the names of parties, and everything that can direct attention to the persons from whom they may come, will be withheld.

Perhaps a few words may be appropriate here on the propriety of making public such a discovery. There are a great many really good people who regard every new discovery in the laws of nature, by which man is able to control what has before been regarded as the special action of an overruling Divine Providence, as a blasphemous and sinful thwarting of God's will. Rather than use direct means to obtain definite ends, they prefer uncertain results, believing that thus the Great Disposer of all events decides for them, and, of course, His decisions are always right.

“Where ignorance is bliss ’tis folly to be wise,” and I would not by an unnecessary act disturb the trusting faith of any. But since the Garden of Eden was closed against our first parents, and the decree went forth that men must labor for their daily support—must toil and struggle with the “thorns and briers” which the visible world everywhere brings forth, and in the sweat of their brows must earn their bread—everything that tends to ameliorate their hard lot must have God’s and every good man’s commendation. The workers of our race are necessarily the men. It is these that are specially fitted to the task. To the women is given the work of continuing the race. In “pain and sorrow are they to bring forth” till the end of time. It is the man’s duty to care for her—to provide food, clothing, and shelter, she aiding, of course, incidentally, but without neglecting the great duty of her life.

To this end God set the race apart in families, appointing unto one man one woman. In the natural order of events, that this equal division should prevail, many more sons should be born than daughters. The greater loss of life among the former, owing to their greater exposure to dangers, would leave the sexes at a marriageable

age nearly balanced in numbers. But what is the condition now? For a half century past the women have been gradually increasing in proportional numbers to the men.

The following table, made up from the last two United States Census Reports, shows the relative number of males and females composing the populations of the principal Eastern and Middle States of this country, being those where this surplus of females is greatest:

STATE.	1870.			1880.		
	Males.	Females.	Surplus females.	Males.	Females.	Surplus females.
New Hampshire.	155,640	162,660	7,020	170,526	176,465	5,939
Massachusetts ..	703,179	753,572	49,793	858,440	924,645	66,205
Connecticut .....	265,270	272,184	6,814	305,782	316,918	11,136
Rhode Island.....	104,756	112,597	7,841	133,030	143,501	10,471
New York .....	2,163,229	2,219,520	56,291	2,505,322	2,577,549	72,227
Pennsylvania ...	1,758,409	1,763,452	4,953	2,136,655	2,146,236	9,581
New Jersey.....	449,672	486,424	6,752	539,922	571,194	11,272
Maryland. ....	384,984	395,910	10,924	462,187	472,756	10,569
	5,985,829	6,136,329	150,405	7,131,864	7,329,264	197,400

	Increase in 10 years.	In population.	In female surplus.
State of Massachusetts .....		22.5 per cent.	33 per cent.
" New York.....		16 "	80 "
In the 8 States named.....		11 "	31 "

The Census of 1880 shows that in the States east of the Alleghany ridge, there were over

300,000 more females than males then living, fitted, or soon to be fitted by nature and by education, to become the married partners of a like number of the opposite sex, and in the future the rejoicing mothers of happy families, who will have to forego all the felicities of married life, and all the enjoyment of seeing sons and daughters growing up around them, simply and solely because there are not men in their vicinage for them to mate with. Without homes of their own, and without the near kindred ties and the solace of husband and children, they are condemned, for no fault of their own, to pass through life aimless and unhappy because failing to accomplish the great end of their existence as women, too often regarding life itself as a burden, and looking forward to the grave with contentment as their only refuge.

Reader, does the thought of this bring merely a smile to your face, or, worse, a sneer, with the usual shallow remarks about old maids? Ought it not bring tears rather? In the whole circle of unfortunates in the world at this time, there are none more deserving of heartfelt sympathy than these isolated and lonely superabundant women, many of them the very loveliest of their sex.



Nothing tends more to detract from the value of anything in the eyes of mankind than a surplus of it. This is a general truth applicable to women as well as to ordinary earthly possessions. A thing is raised in our estimation if we find a difficulty in obtaining it, even though the necessity for it be not great. Printed calicoes at ten cents a yard are too mean and common for any but the poor to wear, but when they were raised in value by the high price of cotton during the late war to fifty cents a yard, how handsome they looked! fitted to adorn the persons of those who aspired to be considered wealthy. This being a governing influence in valuing lesser things, how does it affect the men in search of wives, who, looking around the circle of their acquaintance, see twice as many unmarried women of a marriageable age as there are men? Is not their own importance in the human family as men likely to be overrated, and their appreciation of the opposite sex (some of them perhaps their own sisters) much depreciated? Will they think it necessary to be uniformly moral and circumspect in their conduct to ensure their obtaining respectable and virtuous women for their wives? Notoriously this is not regarded as necessary now.

When the man's own consequence in the marital condition is thus so unduly exalted, what prospect of happiness can there be after marriage for educated and refined women—such as have been taught that God created the race, male and female, of one blood to dwell in equality together? especially for such of them as are unwilling to sink below their proper level without some struggle. Society is fast becoming converted to the idea that the bride must bring with her to the altar a certain number of dollars, as a dowry, to make her equal to the husband.

It is unnecessary to pursue the argument further. It must be clear to every one who reflects on the subject, that the large surplus of women in the community is now the fruitful cause of many social evils as well as moral ones, and that this surplus is year by year increasing. In view of this, shall there be any doubt of the propriety of publishing to the world a modest theory that professes to show how this relative disproportion of the sexes originates, and how the equilibrium can be restored? To state the case is to decide it, and I will not insult the moral perception of my readers by any further remarks on the subject, but will pass on to the

preliminary considerations appropriate to the purpose of the treatise, trusting that even if the reader, when he finishes it, disagrees with me in my inferences or conclusions, he will test them by his own observations and experiences before he finally decides against them; and that he will at least believe that I have been actuated by an earnest desire to do good in publishing the work, and that I honestly believe in the truth of the theory advanced.

## CHAPTER II.

### IMPORTANCE OF THE SUBJECT, SHOWN BY STATISTICS AND OTHERWISE.

THIS subject of controlling the sex of offspring in generation is not one limited to the mere narrow desires and wishes of the family, as might be thought by those who simply glance at the subject. The whole of society, not only in this country, but throughout the civilized world, must on reflection deem it of vital interest. As it is important that the reader have a sufficient conception of the magnitude of this subject, that he may take a larger view of it, than simply as it affects him individually, some labor has been bestowed in gathering and collating statistics tending to show not only the increasing proportion of women, but how and why it exists.

An opinion somewhat prevails that this increased proportion of women is mainly confined to our Eastern States, and is due principally to the migration of the young men from this locality to the Western and Pacific States. While



this increases the disparity, it is insufficient to account for the larger part. For it must be remembered that we have also a large immigration from foreign countries to these Atlantic States, which is so largely composed of men as to be considered the principal reason for the increased proportion of women in the European countries from which the emigrants came; England and Wales alone showing a surplus of over 500,000 females at the last census.

The statistics of births are so imperfectly kept in this country that it is not possible to fully prove from them what the author alleges, and will endeavor to substantiate—which is, that the tendency of mothers who live in luxury and ease is to the production of female offspring. It needs but a careful observation around the circle of any one's city acquaintance to see that in many of the older families in our towns, where there have been two or three generations of those living in indolence, that among the more recent descendants there is not an average of one boy born to two girls. While the statistics do not on their face, and in the aggregate given, show this condition, deductions drawn from them prove it to be true in many places.

It may fairly be inferred also from the statistics given that this result is not from any condition of vitiated air, or other unhealthy characteristics often thought to be specially unfavorable to vitality in large cities, for this condition of more numerous female births occurs among the well-to-do people of the country towns, and seemingly wherever there is found in a family so much wealth that for two generations the wives and daughters are enabled to live in ease, and therefore too often without sufficient muscular exercise to give full vigor to their bodies.

The first result of this languid and inactive life is to produce a laxity and tenderness of the muscular system. We are wont to call this *effeminacy*, and the word is appropriate and significant, for under its influence the race tends largely to the production of females.

Strange as it may seem, and not in accordance with popular belief in the relative powers of endurance in the two sexes, the statistics show conclusively that the boy in the first two years of existence more readily succumbs to disease than the girl, and it is only a fair inference that the same result follows in the various stages of the foetal existence. Indeed the records, on subse-

quent pages, of still-born children, both in New York City and in Philadelphia, showing very uniformly through a number of years—in the former 1,000 boys to 682 girls, and in the latter 1,000 boys to 712 girls—may be taken as quite conclusive on this point.

This seeming anomaly is not without corroboration in the vegetable world. It is found by a special cultivation which tends to delay and enfeeble the growth of the plant, some varieties of strawberries can be made to produce only or mainly the female blossoms, and by a higher cultivation and more stimulating plant food be made on the other hand, to produce mainly male blossoms. Thus showing that in the enfeebling of the plant the male characteristic is the first to succumb.

A circumstance noticed by some recent Arctic explorers corroborates this idea. They mention finding the female variety of a bisexual plant many miles further north than they found the male variety; the inference being that the female had better withstood the rigors of the inhospitable climate—had continued to passively live, where the male, if ever able to exist there, had died out.

Conversing on this subject with an intelligent gentleman—Mr. Nelson Sizer, Vice-President of the American Institute of Phrenology, and a member of the Fowler & Wells Co., publishers of this book—he suggested a very natural cause for this. As he said, “The females of all creation are endowed with an ability to assimilate food beyond their own individual needs, for the supply of their offspring; placed in straitened circumstances, especially when this additional supply is not called for by the offspring, it would add to their ability to maintain their hold on life.”

There is a tendency in the vegetable world for the parent plant to throw off or abort whatever fruit it can not bring to perfection, as seen in the premature falling off of the surplus settings of fruit on a tree at their very early period of formation. It is a reasonable inference that this characteristic is so fundamental that the enfeebled parent sometimes refuses to nourish the germ it is incapable of perfecting at its very incipency, and that similar influences are exerted in the case of enfeebled mothers in the animal creation.

The United States census of 1880 shows that the great proportion of the surplus females is



composed of those between the ages of 20 and 30, being over one-third of the whole.

In order to show that this surplus of females of marriageable age is consequent largely on the decreased number of boys born in the effeminate conditions mentioned, and still more largely upon the increased number of boys dying in infancy from the, as I allege, same conditions, I present some statistics of births and deaths from different localities embracing a fair average of the years when these now grown people were born. From which I draw the inferences and make the deductions in proof of the allegations.

These vital statistics will, I believe, be found more reliable for other purposes than those compiled in the years following the civil war; it having been often noticed that when society is unsettled, and business affairs uncertain, as they were for a time after the war, there are not so many marriages, and the same prudential motives would tend to decrease the number of births at such times. Besides this the very large immigration to this country since the war would tend to make the statistics of births unreliable as giving the normal results from our own people.

## STATISTICS OF BIRTHS IN MASSACHUSETTS.

	1849.	1850.	1851.	1852.	1853.	1854.
Boys.....	13,329	14,137	14,949	15,246	15,798	16,352
Girls....	12,263	13,392	13,613	14,432	14,965	15,469
Proportion:						
Boys.....	1,000	1,000	1,000	1,000	1,000	1,000
Girls.....	920	947	911	947	947	946

The details by counties are given for only one year, that of 1854, a fair average year, in which is also given the nativity of the mothers.

COUNTIES IN MASSACHUSETTS.	Births.		Parentage of Mothers.	
	Boys.	Girls.	Native.	Foreign.
Barnstable .....	399	384	692	86
Berkshire .....	592	612	782	384
Bristol .....	1,090	1,096	1,395	768
Dukes .....	56	37	83	4
Essex .....	2,173	2,038	2,581	1,355
Franklin .....	416	333	514	105
Hampden .....	759	709	798	557
Hampshire .....	448	421	585	237
Middlesex .....	2,841	2,661	2,792	2,463
Nantucket .....	62	56	112	10
Norfolk .....	1,489	1,471	1,493	1,414
Plymouth .....	769	822	1,211	318
Suffolk .....	3,137	2,899	1,934	3,949
Worcester .....	2,121	1,930	2,207	1,513
Total.....	16,352	15,469	17,173	13,163

It may be accepted as a fact, that the foreign-born mothers of the above table are mainly of the laboring classes, not doubting but that a large majority of the native-born mothers are also, it is yet fair to claim that the foreign born

more nearly represent the working class, those who by some daily toil and bodily exertion harden their muscular development, and that if a separate classification of such were made they would show a largely increased percentage of male births over the more sedentary and sybaritic class of mothers. Though this can not be definitely proven from the statistics, it may be indirectly. The State at large gives a total of 946 girls born to each 1,000 boys. Of the 26 principal towns in the State having the greatest number of births, 13 or one-half the number have an excess of foreign-born mothers; in proportion 1,843 foreign born to each 1,000 native born. The births of these show to each 1,000 boys 950 girls. They are the following towns:

	Births.		Parentage.	
	Boys.	Girls.	Native.	Foreign.
Cambridge.....	336	333	230	420
Lowell.....	564	521	460	580
Roxbury.....	283	270	183	368
Worcester.....	354	388	333	408
Lawrence.....	252	231	159	319
Fall River.....	157	155	95	216
Dorchester.....	196	174	174	180
Chicopee.....	156	119	106	167
Milford.....	139	147	98	187
Lee.....	50	55	50	54
Taunton.....	173	190	150	209
Salem.....	270	256	120	244
Boston.....	2,945	2,742	1,725	3,806
	5,875	5,581	3,883	7,158

The other 13 towns where the native mothers are in excess,—in proportion 1,000 native to 550 foreign, the births are to each 1,000 boys 975 girls. These towns are :

	Births.		Parentage.	
	Boys.	Girls.	Native.	Foreign.
Charlestown .....	390	381	428	338
New Bedford .....	248	244	364	119
Lynn .....	255	256	338	154
Newburyport .....	158	147	232	73
Springfield .....	221	201	225	161
Chelsea .....	176	142	187	134
Danvers .....	175	132	174	131
Gloucester .....	148	159	233	72
Haverhill .....	105	126	169	53
Adams .....	84	98	125	55
Great Barrington .....	40	47	64	22
Pittsfield .....	117	123	122	112
Northampton .....	102	107	112	93
	2,219	2,163	2,773	1,522

The proof may be further strengthened by taking the extreme cases in each classification ; for instance, the six towns in the last list, New Bedford, Newburyport, Gloucester, Haverhill, Adams, and Great Barrington, where the native mothers most preponderate,—in proportion 1,000 native to 336 foreign, and there were born to each 1,000 boys 1,049 girls.

While in the four towns in the previous table,

where the foreign mothers are most heavily in excess, being in proportion 2,120 foreign to 1,000 native, there were born to each 1,000 boys only 903 girls.

That this result is not due to the character of nationality is proven by a summary of the State at large outside of these 26 towns, which will comprise the rural population, and naturally mostly made up of an actively working class. The foreign mothers are there only 426 to each 1,000 native, while the births are to each 1,000 boys but 935 girls.

The statistics of births for the city of New York until recent years are very deficient. Those published as recently as the year 1864 give a gross total of only 5,877 births, while the statistics of deaths show 25,645 for the same year. The Registrar, in his report, estimates the total number of births at fully 32,000 for 1864. Any inference or argument, therefore, drawn from a classification of less than one-fifth of the whole must be weak. Of the whole number returned, 3,059 are boys, 2,818 girls, or, in proportion to each 1,000 boys, 921 girls; being a less proportion of girls than is shown among the rural population of Massachusetts. The parentage is not classified as in that State.



With a view to learn something of the social condition of the parents, permission was obtained to look over the monthly reports as received in the office. Unmistakable evidence abounded in these that the births reported were mainly those among the German population, whose physicians and midwives, having been trained in the country of their birth to the importance of these reports, had presented them with commendable regularity. In fact, with the exception of the reports from the public institutions of the city (and one other exception in which the names were Irish), they all gave undoubted evidence of German origin in the family names, in the chi-rography, and in the idiomatic errors of language common to that nationality when using the English language, and not proficient in it. We may, therefore, fairly assume that this record gives the proportions of the sexes as they occur in the births among the immigrant population alone.

The statistics of births in the city of Philadelphia twenty years ago, the only other locality in this country from which it has been convenient to obtain them, make an exhibit for four and a half years, as follows :

	Boys.	Girls.	Proportion of girls to each 1,000 boys.
1860 (6 months).	4,426	4,008	906
1861.....	9,008	8,263	917
1862.....	7,609	7,132	937
1863.....	8,042	7,251	902
1864.....	8,237	7,354	893
Totals.....	37,322	34,008	Average 911

The nationality of the mothers is not given ; but, judging from the statistics of marriages there for the same period, the proportion of foreign mothers was between 700 and 800 to the 1,000 native: probably about the same as in the State of Massachusetts. The proportion of female births, it will be noticed, was less there than in the whole State of Massachusetts, and closely approximates to that of the four towns mentioned, where the foreign-born mothers were in greatest excess. As is well known, Philadelphia city has many rural characteristics—a greater number than is usual in such large cities. The mothers of the families, in a large majority of cases, do their own household work in their own isolated homes spreading out over a large territory, and thus secure a full share of bodily health and vigor.

It needs but a comparatively small percentage

of the mothers living in indolent softness, to produce enough girls to materially change the proportion of the sexes; and it may fairly be deduced from the statistics that it is not so much owing to any greater vigor or robustness in the great majority of the mothers in Philadelphia, to which the larger proportion of boys is due, as to the smaller number who are deficient in sexual vigor as compared with the other localities.

The statistics from all these places clearly show that, taking all classes, there are more boys born than girls. It is claimed only that under certain local circumstances there are increasing tendencies to an undue proportion of girls in the births. And that the mothers in circumstances of enervation and relaxation of muscular fibre, the results mainly of idleness and luxury, are declining in their ability to produce boys, and that even those they do bring forth are lacking in vital stamina.

This first material indication of a decline in the mother's strength is shown in the proportionally increased number of deaths of boys in early infancy from debility, marasmus, etc., who, as before mentioned, seem to succumb first or more readily to disease.

The second stage of declining strength is shown in the increased proportion of boys among the still-born children. The third stage of the decline is a decrease of the conception of boys, more girls being born proportionally from this class of mothers.

This last I have endeavored to show by the statistics already presented.

The second stage is shown by the records of the still-born, given in detail on ensuing pages. The aggregate being in New York City, for three years, in the proportion, 683 girls to each 1,000 boys. In Philadelphia, for the four and a half years, in the proportion, 712 girls to each 1,000 boys. The first stage is shown by the terrible catalogue of infant mortality presented here.

The following mortuary statistics of children under two years of age in the city of New York are for nine successive years, from 1856 to 1864, inclusive, and are so arranged as to show at a glance the totals of each class of organs affected by the disease causing death :





## CONTAGIOUS DISEASES.

Scarlet Fever.....	495	201	208	196	111	97	112	93	285	289	290	202	140	129	134	117	148	105
Whooping-cough....	71	95	43	95	146	144	130	137	68	81	48	68	88	103	50	40	43	63
Measles.....	95	87	48	70	107	96	84	67	54	66	110	107	46	28	64	52	80	67
Small-pox.....	88	99	110	101	122	118	15	11	64	69	137	103	67	50	9	16	65	64
	449	482	509	462	456	475	341	308	471	496	495	481	341	310	257	225	337	302
	107			90	100		90			105		57		92		87		90
FEEBLE VITALITY.																		
Premature Births....	242	145	230	229	204	193	222	152	129	107	176	139	117	124	156	108	142	96
Still-born.....	945	611	938	620	856	642	†	†	149	137	129	114	142	131	109	102	188	162
Debility.....	192	134	193	159	192	157	140	128	61	48	75	60	38	32	44	44	43	37
Teething.....	185	159	173	130	69	72	91	101	61	48	6	16	17	22	21	17	19	10
Malformation.....	42	32	48	36	42	30	17	15	15	6	16	17	22	16	21	17	19	10
Scrofula.....	28	24	33	26	25	30	31	24	23	27	19	19	19	14	15	13	13	13
Marasmus.....	654	577	750	617	698	603	661	560	633	574	635	515	567	512	647	573	603	525
	2,288	1,682	2,265	1,817	2,086	1,747	1,162	980	1,023	899	1,050	864	935	829	994	857	1,013	843
	804			814	914		944	84		89		82		89		86		84
Deaths from causes not included in the above.....	346	346	361	375	420	395	558	402	437	359	551	422	398	366	471	415	383	204
TOTAL.....	5,943	4,987	6,369	5,203	6,223	5,592	5,150	4,270	4,813	4,313	4,938	4,247	4,648	3,984	5,128	4,495	5,441	4,278
	874			864	964		964	82		89		86		86		87		82

NOTE.—The small figures under the footings of the columns of girls give the proportion of these to each 100 boys.  
 \* For the years 1863 and 1864 the deaths by "Congestion of the Lungs" are not given. They are probably included in the list of "Inflammation of the Lungs."

† The record of still-born is not continued after the year 1858.

‡ These figures show the proportions, leaving out the still-born.

It will well repay the reader to give the foregoing record a careful study. It presents more clearly than those hereafter given, the dread effect of certain classes of diseases on the male offspring of our race in the very early period of their existence. Recurring first to the still-born, which for the three years shows to each 100 boys, respectively, only 63, 66, and 75 girls.

The next bearing most heavily on the boys are diseases of the brain—the organ of sensation, averaging, as will be seen, to each 100 boys only 82 girls.

The third in order is the class of diseases indicating feeble vitality, as marasmus, debility, etc., averaging to each 100 boys only 85 girls.

The fourth (and only so because less productive of deaths than the previous) is the class of the respiratory organs, averaging the same as the third, to each 100 boys 85 girls.

The fifth class is the diseases of the nutritive organs—the stomach and bowels, averaging to each 100 boys only 91 girls.

The sixth and last class, the contagious diseases, are equally fatal to both sexes; the deaths from these being about the same as the average proportions of births, that is, to each 100 boys 95 girls.

There is a notable circumstance in the special tendency of some diseases to find their larger proportion of victims from one sex, as dropsy in the head to boys, and whooping-cough to girls. One disease not sufficiently important in the number of cases to be given in the table under a separate head, shows such a remarkable fatality among boys that I present it as an additional argument to show that sex has some special susceptibility to fatal disease. It is jaundice, which for the nine years presents a record as follows :

	1st.	2d.	3d.	4th.	5th.	6th.	7th.	8th.	9th.	Total.
Boys .....	18	14	14	11	7	..	8	10	11	93
Girls .....	6	9	7	6	8	..	5	8	4	48

The mortuary statistics of Philadelphia city for the four and a half years herein presented tell the same story of the increased mortality of boys, though the reports which give the sex are not made up so as to show this feature in its full proportion. These reports classify the deaths of all under 20 years as infants; though a separate classification is made of deaths by the various ages, in which the sexes are not separated.

Statistics of Deaths in the city of Philadelphia for the four and a half years mentioned,  
of Infants—under 20 Years of Age giving Sex.

	6 months of 1860.		1861.		1862.		1863.		1864.		Totals.	
	Males	Fem.	Males	Fem.	Males	Fem.	Males	Fem.	Males	Fem.	Males	Fem's.
<b>ORGANS OF RESPIRATION.</b>												
Bronchitis .....	10	12	42	36	37	29	25	31	50	42	167	150
Diphtheria.....	97	106	248	241	192	169	2 8	210	155	179	840	905
Congestion of the Lungs. ....	16	9	38	31	53	40	45	59	53	49	2 5	179
Consumption .....	42	72	136	166	124	169	119	132	131	175	542	714
Inflammation of the Lungs.....	56	56	262	222	241	241	231	204	282	193	1,975	916
Croup. ....	94	49	153	151	134	119	245	198	213	235	829	751
	315	304	879	846	721	767	869	825	884	873	3,668	3,615
<b>ORGANS OF NUTRITION.</b>												
Cholera Infantum.....	244	212	316	3 2	321	308	476	474	331	310	1,668	1,406
Diarrhoea. ....	26	31	66	48	65	52	63	65	99	64	322	261
Dysentery. ....	59	38	51	41	43	31	51	42	84	56	279	207
Inflammation of the Bowels .....	51	42	62	64	72	73	67	56	73	55	325	290
	374	323	495	454	501	464	637	637	587	485	2,594	2,263
<b>ORGANS OF SENSATION.</b>												
Diseases of the Brain.....	29	16	47	34	28	35	41	27	56	28	726	629
Congestion of the Brain .....	45	43	93	79	133	146	156	132	143	123	1,563	1,313
Convulsions .....	115	108	325	281	339	324	334	294	396	3 6		

Dropsy of the Head.....	68	65	132	86	98	130	92	115	98	677	555
Effusion of the Brain.....	13	16	42	24	32	16	19	31	32	789	698
Inflammation of the Brain.....	70	39	158	108	180	171	149	210	264		
	331	287	797	612	780	848	713	989	857	8,695	8,205 <sup>*97</sup>
CONTAGIOUS DISEASES.											
No Scarlet Fever....	193	192	586	604	220	141	180	172	172	1,306	1,334
* Whooping-cough.....	7	11	45	48	105	24	54	38	49	219	265
Measles.....	6	4	34	37	17	88	41	47	38	182	168
Small-pox.....	21	23	282	333	175	56	55	95	112	559	641
	227	230	941	1,022	487	279	290	352	371	2,266	2,408 <sup>*106</sup>
FEEBLE VITALITY.											
Still-born.....	208	139	361	246	414	432	311	462	326	1,850	1,239
Debility....	87	85	244	181	225	225	238	236	185	1,017	835
Malformation.....	..	..	14	3	13	7	18	12	7	57	33
Scrofula.....	24	12	39	20	39	27	18	15	23	144	100
Mari-mus.....	176	127	267	228	328	274	277	280	283	1,325	1,179
Teething.....	13	11	13	17	23	18	19	16	15	88	80
Cyanosis.....	13	12	38	25	25	27	19	23	24	126	95
	521	386	979	749	1,067	1,021	863	1,044	863	4,632	3,661 <sup>*79</sup>
Deaths from all other Causes....	346	250	709	543	710	860	628	1,254	879	3,879	2,801 <sup>*52</sup>
Totals.....	2,114	1,780 <sup>*84</sup>	4,800	4,217 <sup>*88</sup>	4,266	4,494	3,956 <sup>*83</sup>	5,060	4,328 <sup>*86</sup>	20,734	18,052 <sup>*87</sup>

\* The small figures under the footings of females show the proportion per 100 of males.



While it has been deemed desirable to include the foregoing table, it is available as evidence of the increased mortality of boys under two years of age only in the few diseases which are confined to the period of early infancy, as cholera infantum, marasmus, cyanosis, etc. Statistics show that after the second year up to the tenth the deaths of the two sexes are about equal in proportion. From the tenth to the twentieth years the excess of deaths is a trifle greater among females. This must not be forgotten in considering the preceding table. For instance, of the 207 deaths of infants by small-pox in 1864, only 68 were of those under two years of age. Of the 244 deaths by scarlet fever only 76 were of infants under two years. Of the 140 deaths from dysentery only 78 were of children under two years, while of the 641 deaths by cholera infantum 613 were of children under two years.

But enough can readily be gathered from the table to confirm the conclusion that there is a much greater tendency to fatal diseases in the early period of existence of boys than of girls. Take first the still-born, in proportion to each 100 boys only 71 girls, then those deficient in vital stamina (marasmus, debility, etc.), to each

100 boys only 86 girls; followed by the brain diseases, to each 100 boys only 87 girls. Diseases of the respiratory organs and those of the contagious class seem by the record to be more fatal to girls than to boys, but it must not be forgotten that the table includes all under 20 years of age, and the records showed that much the larger number of cases of these classes of disease were of infants over two years of age; particularly was this so of consumption, where much the largest number of deaths was of those between 15 and 20 years—a period of life known to be especially fruitful of deaths from this complaint among young women. Besides it must be remembered that the male children have already been twice decimated by the other diseases mentioned; that while at birth they exceed the girls by five to seven per cent., at ten years of age the positions are more than reversed, the girls exceeding them by 10 to 15 per cent., so that later when the proportions of deaths are equal, the deaths of girls are indicated by increased numbers.

The tendency of whooping-cough to be more fatal to girls than to boys—as in New York City—is noteworthy; also the tendency of jaundice

to being more fatal to boys, the cases reported being to each 100 boys only 66 girls.

Incidentally, an inference may be drawn from the comparative tendencies of the different organs of the human body to disease, that the more highly organized matter of the brain—that which in its intensity and power makes the animal man a human being—is more liable to give way in disease than the more brute functions of respiration and nutrition, both of which hold out longer. And that it is not probably true, as often held, that when disease fastens upon the over-excitable brain of a child, that it is because the brain is too powerful for the rest of the body, but rather that it is too impressible, and lacks consistence and strength to sustain its work in the economy of the whole body.

The main purpose, however, in the presentation of the vital and mortuary statistics in this chapter, is to give the cause for the larger number of women in the communities ; to show that in certain conditions of life there is an increased proportion of girls born, and in the same conditions, and probably from the same originating cause, a marked increase in the proportion of boys dying in early infancy, both combining to produce the result.

The first step toward overcoming any evil in the community, is to get a clear understanding of its cause. So long as we look to such secondary and transient influences as emigration to account for the deficient proportion of men, so long will we fail of attempting even to cure the evil.

If the reader is not yet fully satisfied to accept my conclusions as above, I ask him to bear with a few more dry figures in summing up the case. For this I revert to the Massachusetts statistics, the only case where the classification of details is sufficient to make the calculations proposed.

If we take the thirteen towns mentioned where the birth of girls was greatest in proportion to the boys, and deduct the numbers of both sexes that will have died by the end of two years, taking only the general proportions of the State for this, there are left 1,045 girls to each 1,000 boys. If we take the six towns mentioned in the list where the proportion of births of girls was still greater, and make only the same rate of deductions for deaths of each, there are left at the end of two years 1,140 girls to 1,000 boys. The real condition at the end of two years in such localities is worse than this, inasmuch as where so large a proportion of girls is born the deaths of

boys in the two years are greater than the general average indicates, and really in these localities there would be 100 to 150 boys less than the figures named. So that the condition may not be exaggerated, take, as the fair mean at the end of two years, 1,100 girls to each 1,000 boys. Now it is in accordance with our general observation and with statistics everywhere, that there is ordinarily a difference in the ages of the husband and wife of at least five years. And statistics further show that the natural increase of the population by births is about three per cent. The boys born in 1854 will be in 1879 twenty-five years of age, and marriageable with the girls born in 1859. But the number of these have increased in five years  $\times$  three = 15 per cent., and will stand when twenty years old in 1879, relatively to the men of twenty-five years, as 1,265 to each 1,000 men. Then we must consider the risks of deaths among the men for this extra five years, which at this period of life is about one per cent. per annum, so that 50 of the men will have died out of the 1,000, reducing their number to 950 ; making the relative proportions at the marriageable age, 1,000 men to 1,335 women. This relative proportion will be reduced



when the average difference in the ages of the husband and wife is less than five years, and of course increased when the difference in years is greater. It needs a very trifling allowance for the influences of emigration to warrant the conclusion that, if not now, it will be true in a very few years, that one out of every three young women in these Eastern localities will have to remain unmarried because there is no man existing, in her near neighborhood at least, to mate with her. A conclusion most melancholy and lamentable for the society in which this is, if not for the young women themselves.

The estimate in the previous paragraph of the proportion between the men of twenty-five and the women of twenty that would exist in 1879 in these thirteen towns in the State of Massachusetts, was made over ten years ago. It is well supported by the U. S. Census of 1880, which gives the number of men in the whole State 25 to 30 years old as 75,212, and the number of women 20 to 25 years old as 99,589, a proportion of 1,000 males to 1,324 females. The estimate for the thirteen towns started on the basis of 975 girls born to each 1,000 boys, while at the same time there were in the State at large

only 940 girls to each 1,000 boys. It is a fair presumption, therefore, that if a separate enrolment were had in the Census of 1880 of these thirteen towns, they would show at least this proportional difference, making the record for them alone 1,373 women of 20 to 25 years, to each 1,000 men of 25 to 30 years.

Emigration from these thirteen towns has not been taken into account as a factor in the problem. There are no statistics of this obtainable, and the reader must make his own allowance. Observation, however, leads to the belief that in places where women are so greatly superabundant it is difficult for them to obtain remunerative employment, and they change to other localities quite as freely as the men.

The thoughtful reader will readily perceive that this condition of affairs is now comparatively in its infancy. It does not require that the mothers of many families in a city or town are under the influences inducing especially the production of female offspring, to bring about all the disproportion that now exists.

Owing to the very limited reports of births in New York City twenty years ago, it is not possible to make any similar calculations from the

mortuary table for that city of the proportional numbers of each sex that would be living now. Personal observations and investigations, too vague and indefinite as yet to present here, induce the belief that among the native-born mothers, the results in this respect will approach very nearly to those found in the sixteen effeminate towns in Massachusetts.

In Philadelphia, owing to the deficient classification before mentioned, classes of mothers can not be selected, nor can special localities in the city, to show and compare varied results in the proportions of the sexes dying in early infancy, if such variations exist. The mean as given in the table shows a larger proportion of male births than either Massachusetts or New York City, viz.: 1,000 boys to 911 girls. The deaths of all under 20 years for the four and a half years given are 20,374 boys, 18,053 girls. Of these 14,800 were over two years of age, and if these be taken equally from both sexes, which is about in accordance with the New York City and Massachusetts statistics, it leaves the death-roll of those under two years, 13,334 boys to 10,653 girls. This would leave the proportion at the end of two years from birth of 1,000 boys

to 975 girls. Taking these, as on a previous page, marriageable—the men at 25, the women at 20—and adding as before for the natural increase in five years of the women, say fifteen per cent., and deducting for the deaths among the men for the five years, say five per cent., as before, and at these marriageable ages of 25 and 20 years the proportion will be to each 1,000 men 1,180 women.

The statistics, therefore, tend to show that while Philadelphia has reached a point in the enervation of the mothers where the male children fall victims to disease as readily as in New York City, or in the Massachusetts towns, it has not yet reached the second stage, where the proportion of male births is reduced, as in the other places named.

The foregoing estimate of the proportion between the women of 20 and the men of 25 that would be living in Philadelphia in 1879 was made, like that some four pages back for Massachusetts, over ten years ago. Its correctness can not be verified by the census of 1880 as was that, the published record not showing the numbers of these ages except for the whole State. For the city alone (Philadelphia County) that census

gives of all ages 405,975 males to 441,195 females, a proportion of 1,086 females to each 1,000 males.

A paragraph is going the rounds of the newspapers this summer (1884) stating that the last census shows there are 30,000 more marriageable women in that city than men. I am not able to verify this, but counting all persons over 17 as marriageable, it will give about 1,115 women to each 1,000 men. I incline, however, to believe that a separate classification of the ages named would show even a larger proportion of women than my estimate.

## CHAPTER III.

### THOUGHTS ON A COMMON VIEW OF THE CAUSE OF SEX IN OFFSPRING.

BEFORE fully developing the author's theory on this subject, it may be well to give some consideration to the commonly received opinion that the decision of this matter of sex rests with that Divine Providence who first created and now governs the universe, and who arbitrarily causes the embryo man to take on the male or female condition according to the dictates of His own sovereign will. As remarked in the introductory, to many this conclusion is the end of all investigation; and if we could all accept the belief it should end further investigation for all of us. I will endeavor, however, reverently to show that this must be an erroneous conclusion, and whether the theory presented in this book be the true one or not, feel well assured that the reader will not close it without at least coming to the belief that there is some natural law governing this



phenomenon, as there seems to be in most others in nature.

Too often this attribution of mysterious events in nature to a Divine Providence as the direct agent, is but the ignorant conclusion of a mind incapable of further research. In the effort to discover the occult law which governs some mysterious action in nature, he traces up the various steps of intermediate causes till he finds himself baffled, and then falls back on the direct intervention of a Divine Providence for what is yet wanting to explain the mystery. Now, such conclusions are often very depreciative of the power of the great Creator of the universe. This is evidently His Sabbath of rest. The whole creation, so far as science has revealed it to us, moves on harmoniously by virtue of certain natural laws which its Creator has put in force ; under His supervision as the Great Engineer. And to conclude, that He who created the sun, stars, and revolving planets, and keeps them all moving harmoniously in space by the simple law of gravity ; who implanted in each animal and plant the ability to reproduce itself *ad infinitum* ; who gave to man reason, and to brutes instinct by which they when once in existence continue

to appropriate from day to day the food they require, which going through another wonderful process of digestion nourishes and keeps them in being year by year, and who had the wisdom to arrange for the continuance in being of His organic creation in a thousand separate and special ways for their comfort and happiness, had not the power or wisdom to create a general law by which the two sexes should be appropriately proportioned, but must perforce exert a special and direct act or energy at the conception of each of the myriads of new beings in man, beast, bird, reptile, and fish, to make it male or female, is surely very depreciating to the Divine attributes of knowledge and power. It is as though the inventor of a clock striking the hours, had not intelligence enough to put a cam on the wheel carrying the minute-hand to set the striking machinery in motion, but must stand by and pull a wire himself at the right moment to set these in operation.

True, man is justified in thinking himself of more importance to his Creator than are the beasts of the field and the birds of the air, and hence in a measure excusable for the belief that in the offspring of his own species, when an im-

mortal soul is brought into existence, the condition of sex may be a special intervening act of the Supreme Being. But though it may be humiliating to our pride, we can not be blind to the fact that we are subject to the same natural laws in our existence as govern the inferior orders. And it is more reasonable, more reverent to believe that there is some great general law which determines the sex, not only in the plant, the insect, the reptile, fish, bird, and beast, but in the human species also. Accepting this as so, and that it is a universal law throughout all organic nature, the subject is followed up by a reference to some of the limitations there must be to its action, and an endeavor to show how and when it acts, and when not. It is the theory of some that a female is simply an undeveloped male ; that the female organs are the same as the male, only reverted, or not fully developed ; and, influenced by this resemblance, are led to believe that there is something in the nourishment of the embryo which induces its retardation into a female, or its fuller development into a male. This is simply a phase or part of the development theory, and finds some confirmation in a fact noticed by breeders of domestic

cattle, that the male frequently takes some days longer for its gestation than the female.

But if we adopt one general law governing this, we see in the propagation by an egg, that the hypothesis of a special foetal nourishment as the cause for sex must be erroneous. The embryo having its supply of food bound up in the shell with itself, must be entirely independent of the mother's condition. Even if in most of the species produced by the egg it may remain in the ovary of the mother long enough after impregnation to have some influence of this kind produced on it, we can not disregard the condition of fishes, where the ova are entirely separated from the mother fish, and beyond her influence before they are impregnated. In this order, as is well known in the art of pisciculture, it is not necessary that the male and female parents of the young fry are even brought into contact. The eggs of the female being stripped from her into a tank of water, and the milt or semen of the male in like manner stripped from him and mixed in with the eggs they become impregnated, the result being the hatching-out subsequently of both male and female fish. In like manner in the vegetable world, it needs only the

bringing together of the products of the male and female flowers to produce a new plant with all the characteristics of the parent plants.

We must, therefore, look for the operation of this general law either before or at the moment of conception or impregnation, and not afterward.

This universal law must be something different and more potent than mere animal desire or lust, that thus brings together the two sexes of man, beast, bird, fish, and plant. For they presuppose a brain and nervous organization, and we can scarcely conceive these to exist in the milt and ova of fish, and certainly they do not exist in the pollen and ovule of plants.

What this energy probably is will be shown in a subsequent chapter.

## CHAPTER IV.

### STAGES OF THE INVESTIGATION.

THAT the reader may fully understand the various stages of the investigation that finally resulted in the discovery of the natural law influencing the production of sex, and be able by making independent observations of his own to judge of the reasonableness of the conclusion, there will be given in this chapter a few of the observations noted by the writer, as the foundation or frame to the work. But few of the many noticed are given, enough only to show their scope and direction, and these will be followed with what may be called general conclusions, as founded on or deduced from the observations.

As will be seen, the observations were specially directed to what seemed abnormal and irregular in the production from one pair of an unusual number of males, or an unusual number of females, and especially cases where the irregu-



larity was hereditary. These are numbered in order, so they may be readily referred to later.

1. A married couple whose ancestry were of good healthy and robust stock, had children—first a son, then a daughter, then another son, followed by seven daughters in succession. The father was of a family of two sons and one daughter, the mother from one with five sons and two daughters. The elder son of this pair married at 40 a woman of 19, and had four children—all daughters. The eldest daughter married at 24 a man of her own age, had first one son, then five daughters. The second son married at 26 a woman of 23, had three sons and three daughters somewhat intermixed in the order of birth. The second daughter married at 20 a man of 28, had no children. The third daughter married at 24 a man of 26, had only two children, daughters, she dying soon after the birth of the last. The fourth daughter married at 21 a man of 27, had in succession five daughters, then two sons, then another daughter, followed by another son, the eldest daughter and all three sons dying in early infancy. The fifth daughter married at 20 a man of 24, had only two children, daughters, both of which died at birth, or shortly after,

the mother also dying a few days after the last infant. The sixth daughter married at 20 a man of 25, had three sons, six daughters alternating somewhat in order. The seventh and eighth daughters died young unmarried, one by an accident, the other by a contagious disease. Only a few of the third generation of this family are married, but there is quite an undue proportion of girls born from those that are.

2. Another married couple of good healthy parentage had two sons and two daughters, alternating in the order of their birth. The two sons, marrying, had born to them eight daughters and three sons. The two daughters, marrying, had born to them seven sons and one daughter only.

3. Another married couple had first born to them two daughters, then five sons in succession. The father had a severe sickness after the birth of the second daughter, from the more serious effects of which he recovered, but was somewhat of an invalid thereafter.

4. Two sons, the only children of one family, married two sisters, the only children of another family. The antecedents of both families not known, but the several children born in both families were girls only.

5. An acquaintance in Pennsylvania, whose wife had borne him several children, mostly girls, was elected a member of the House of Representatives. He spent the winter in Harrisburg ; this being before the time when railroads ran to every section of the State, travel home was to him both tedious and expensive. In exactly nine months after his return home in the spring, his wife had a son. After spending the second winter in Harrisburg he was elected to Congress, and the third winter was spent in Washington. Again, promptly in nine months after his return home in the spring, his wife had another boy. The two events were thus so peculiarly marked that among his intimate friends the boys were dubbed the "Representative" and the "Congressman."

6. A neighbor of the author, a milkman, had a herd of some twenty or more milch-cows, for whose service he kept a bull, and somewhat, also, to serve his neighbors' cows. He said it was a very unusual thing for a heifer calf to be born among his herd, sometimes not one the whole season ; while among the cows of the neighbors served by the same bull, the calves were no more frequently male than female.

7. Two young sows of the same litter belonging to the author—as near alike as two peas—being in heat, were driven one morning about half a mile to a neighboring farm where a boar was kept. One of them was served and driven home. But as the boar showed no inclination for another immediate union, the other sow was left on the place with him to be served and sent home later. The litter of the first one served was, six female, two male; of the second one, seven male, two female.

These show the character of the observations. It is not necessary to multiply them, for similar cases will, no doubt, come to the mind of the reader on reflection among his own experiences. After numerous observations of this kind had been made where opportunities were had to study the surroundings and influences that might have operated to produce these irregularities in the production of sex, it seemed possible with the aid of the statistics given herein in chapter first, to collate and condense them all into some general conclusions, as follows :

a. Robust, healthy, and apparently lusty wives more frequently have male than female children, particularly so when their husbands are of medium or inferior vigor, and reversely :

*b.* Delicate, weak women, who indicate from their appearance but little sexual ardor, more frequently have female children, especially when their husbands show indications of greater sexual vigor.

*c.* Women who have these characteristics in a medium degree, which may fairly represent the great majority of wives, and whose husbands are also of fair average vigor, if they continue having children regularly about every two years, will have more girls than boys.

*d.* Wives who have been brought up religiously, and when young girls become devoted church-members, have usually a larger proportion of girls than boys. This has been as yet mainly noticed in village communities.

*e.* The wives of the farming population have more boys than girls, and reversely :

*f.* The wives of a city, town, or sometimes even a village population, give birth to more girls than boys.

*g.* Illegitimate children born throughout the country are in very large proportion boys, as much, or more, than 3 to 1.

*h.* Illegitimate children born in cities, though oftener boys than girls, are not so to near the extent they are in the country.

*i.* The children of a woman 18 to 22, who is married to a man 35 to 40, are in larger proportion girls.

*j.* The children of a woman of 25 to 35, whose husband is 5 to 10 years younger than she is, will have a larger proportion of boys.

*k.* In a family of brothers and sisters, if the sisters when married have a preponderance of girls, the brothers when married will have a preponderance of boys, and reversely :

*l.* If the sisters when married have mostly boys, the brothers when married will have mostly girls.

*m.* The begetting of girls requires so much of sexual vigor in the father, that a saying has become common among the rural population, "that any boy can beget a boy, but it takes a man to beget a girl."



## CHAPTER V.

### THE PHYSICAL LAW AS PROVEN BY THE OBSERVATIONS.

AFTER much casting about to discover some physical law or laws that would, if applied, cover all the observations made and general conclusions drawn from them, the following was eventually settled upon: That at the generation of male offspring the mother must be in a higher degree of sexual excitement than the father. And reversely, at the generation of female offspring, the father must be in a higher state of such excitement than the mother. A remark made to the writer by a countryman of his acquaintance, with whom he was conversing on the subject, somewhat accidentally led to this: it was that he could always tell when his wife was conceiving a boy, for she did all the work; while if it was a girl, he had to do all the work. While this may be regarded as an exaggerated remark, and such one-sided activity seldom required, it

does in a forcible way reveal the prominent idea, and worth remembering by those wishing to test the theory.

I am fully aware that this is not the prevalent view, and the one which perhaps seems more natural, that each parent impresses his, or her, own sex on the offspring, the strongest one governing the influence on the embryo. But this view has not been held as the result of any investigation, or because it seems to meet the necessary requirements, especially of the abnormal or irregular cases, where there are many more of one sex than of the other from one pair. It passes simply because it seems natural and reasonable, and is supposed to account for the varying sex in a family where the husband and wife are about on an equality of sexual vigor, and the children fairly divided between male and female. But even here it is not the true principle, for it does not cover the oft-repeated observations of particular instances of irregular proportions of the sexes from one pair, while the reverse does. This it is purposed now to show by taking up the specially observed cases mentioned in the preceding chapter, and the general conclusions *seriatim*, and indicating from the circumstances

surrounding each, how the hypothesis fits them. Each observation and conclusion is referred to by its original number and letter, so they need not be repeated in detail.

*Observation 1.* As mentioned, the husband and wife were both of good healthy stock. The husband had a brother and sister only, the wife four brothers and one sister, none of them showing any lack of physical vigor, and there was nothing to show any inherited tendency to such a large proportion of daughters as they had. The first four children born being alternately a son and a daughter repeated, indicated that the parents were well mated as regards sexual vigor. But about this period of her married life the wife became what may fairly be called by its common name, complaining, and from year to year grew worse, though having a girl about every two years. From and after the birth of her last daughter she was a helpless invalid, dying when her youngest child was about twelve years old. During all this time of invalidism she necessarily ranked much below her husband in sexual vigor, and, as we shall see, somewhat entailed upon her later offspring especially, a debility of organization that resulted in their

cases in the production of an excess of girls. The elder son, marrying at the mature age of 40, when in his full sexual vigor, a young and scarcely mature woman, was naturally much her superior in sexual vigor; their four children succeeded each other two years, or about that, apart, were girls, partly because of the superior strength of the father, and partly because the mother by her continuous child-bearing and lactation had no opportunity of fully recuperating her strength.

The first daughter born before her mother had fallen into this "complaining" state, inherited a good degree of robust health, but being married to a man of remarkable vigor, had first a son, and later children so regularly every two years, that her strength was not re-established after lactation before she again conceived, so that her progeny were later all girls. The second son, a fairly vigorous man, married a woman fully as strong and vigorous as himself, resulting in offspring equally divided as to sex.

All the rest of the daughters who had children seemed to have inherited a weak sexual organization from their mother, and produced almost altogether girls, except the youngest one. When

she was yet but a child, owing to the poor health of the mother, the family moved to the country, where she, as a growing girl, enjoyed unusual advantages of much outdoor life, while her older sisters were confined either at boarding-school, or in the care and attendance on the invalid mother.

*Obs. 2.* This was a case where the vitality of the family was of the highest, and the husband and wife well balanced as to sexual vigor, as shown by an equal number of boys and girls. But the sons, in marrying, proved to be more vigorous than the average, and their wives only moderately so. The consequence was, the birth of daughters mainly to both of them; while the daughters, on the other hand, possessing good vigorous constitutions beyond the average, found in their husbands men of less vigor, with the result that their children were mainly sons.

*Obs. 3.* This was a case where naturally the husband was at first of more vigor than the wife, so they had first two daughters. After the husband's sickness and invalidism his wife was the more vigorous of the two, and they then had only boys.

*Obs. 4.* Here the two daughters had inherited a

delicacy of bodily organization which placed them below the average, and being married to two only sons who had inherited a good share of robustness from a mother strong enough to have sons only, the offspring on the hypothesis mentioned would likely be, as they were, girls only.

*Obs. 5.* This case shows to the reader how a tendency to have girls born in a family may be overcome in a natural and proper way. That is by a total separation of the husband from the wife's bed for a time, longer or shorter, to enable her to fully recuperate her strength, and to get up a strong, healthy, natural desire for a reunion with her husband. In this case not only was the separation a fitting one for this purpose, but the coming together was under favorable circumstances for the wife's conception of a son. The separation had been long enough to kindle in the wife a strong desire for the embrace of her husband. Ordinarily his would have been proportionally stronger, and the chance of a male conception less probable; but this was away back, before the time when railroads ran to every little town, and the husband reached home after some three days' travel by stage-coach and



wagon. It is not necessary to suppose that he had during the separation from his wife illegitimately satisfied his desires, and was, therefore, less sexually excitable than his wife. Fatigued by his long ride, he would naturally feel more like resting and sleeping on his retirement to bed, than indulging very effectively his wife's ardent desire,—a condition on both sides, according to the hypothesis, for the conception of male offspring.

*Obs. 6.* These facts all accord with the hypothesis. The milkman was eminently shrewd and practical in the management of his herd. It was always composed of cows in their prime; they were kept in the best possible condition of flesh, and with very little stall-feeding were always fit for the butcher. He did not think it profitable to raise the few heifer calves his herd produced, but as any of his cows got past their prime they were sold off to the butcher, and their place supplied with others younger but still at their maturity, these giving the best results in the production of milk. Consequently his cows were always at the best and most vigorous period of their existence, neither very young nor very old. For the same economic reason

he raised every year or two a bull-calf, which, as soon as old enough, served his herd of cows, but which so soon as he had fairly his growth, and while still young, was castrated and sold to the butcher, his place being supplied by a growing younger one from time to time. The bull did not run with the cows, but when one of them was in heat she was turned into the small enclosure where he pastured, and, as he had so many cows to serve, only a single intercourse was allowed between them. The conditions were such as to give each cow separately a much higher degree of sexual excitement at the intercourse than the bull possessed. In the first place, his ardor was often weak from having so large a herd to serve ; and in the second place, there was, so to say, no preparation or excitation of the bull prior to the connection with each cow, as there would have been had he run with the herd ; while with each cow there was somewhat of this excitation from other cows of the herd, before her state of heat would be noticed by the attendants. Add to this the condition of the bull's youth and more tender muscle, as compared with the run of the cows, and the circumstances all were favorable to the engendering of

male calves. When the neighbors' cows were sent in to the bull the conditions were often quite different. These were often in a lower condition of keep, had been led or driven such distances and under such circumstances, as sometimes to greatly fatigue them, and were often young heifers, so that at the connection of the bull with any one, he was likely to be in as high a state of sexual excitement as the cow was, and there was an equal chance of as many female as male calves resulting from the intercourse with these neighbors' cows.

*Obs. 7.* This case is explainable on the hypothesis as follows: The sows in being driven to the boar by a way somewhat tortuous, with branchings-off from the road, required some racing to keep them in the right track, from the natural contrariness of the animal that always wants to go the way different from that the driver wishes. So they arrived at the home of the boar somewhat tired out, and without opportunity to rest an immediate union was had between one of them and the boar while he was fresh and not fatigued. According to the hypothesis, under these conditions female pigs would be more likely conceived, all other things

being equal. The second sow being left on the premises till later, had ample time to rest and regain all her natural strength. The later union between her and the boar while he had yet scarcely recovered strength after his previous encounter, naturally gave this sow the chance to be in a higher degree of sexual excitement than he, resulting in the conception of a larger proportion of male pigs in the litter.

## CHAPTER VI.

THE GENERAL CONCLUSIONS IN CHAPTER FOUR  
REVIEWED IN THE LIGHT OF THE PHYSICAL  
LAW ENUNCIATED IN CHAPTER FIVE.

*a.* Not alone the statistics given in chapter second, but observation shows that a larger proportion of boys are born in country places than in towns. Among the rural or farming population the labor of the wife is not so fatiguing as that of the husband. To a healthy woman it is not greater than is fairly needed for exercise to keep the body in good physical condition. And when the hour of rest comes at which the intercourse usually occurs resulting in a conception, the wife is more likely to be active and vigorous than the husband, who, from following the plow all day, or other arduous farm labor, is tired and exhausted. And naturally the wife takes on more readily the higher degree of sexual ardor, and most frequently has male offspring.

*b.* A different condition exists in towns; the

wives lead less active lives, and do not have exercise enough, nor fresh, wholesome air enough to give firmness and strength to their muscle; while the husbands in great measure have enough of these to give them a fair degree of muscular strength without so much as to produce bodily exhaustion. Consequently on retirement at night, as a general thing, they will be more vigorously excited sexually than the wives, resulting in a larger proportion of female conceptions. [See the statistics for the condition of towns in Massachusetts.]

*c.* This condition is accounted for under the physical law as follows: Where wives have children in regular marital intercourse every two years or thereabout, the periodicity is usually from their nursing the previous child for a year or more after its birth, and not menstruating during that period. That this function ceases during lactation shows that they are not specially robust. Some fruit-trees, especially the apple, when in an impoverished soil can not nourish the fruit, and form new fruit-buds for the next year's supply at the same time. Hence the tree bears a crop every other year only. The most of our fruits would come in this way, were it not that



in some the fruit matures and drops off so early in the year, that there is yet time afterward in the autumn for the growth of the fruit-buds.

When at the end of a year's nursing the wife finds the increased demands of the child for sustenance is taxing too greatly her strength it is weaned. Then menstruation soon commences, and she again becomes pregnant while her strength is not yet recovered. There is scarcely a chance that her sexual passion will be naturally aroused at the time of conception again, when it takes place thus promptly following the cessation of nursing. Even in the case of stronger wives who while partly feeding their child artificially, yet continue also a partial nursing, during which menstruation commences, the existence of both functions reduces their sexual power to a feebler condition, so that they too will conceive girls where, freed for a time from the first of these drains on their physical powers, they would ordinarily conceive only boys.

The same train of circumstances follows year after year, or rather every two years, and wives otherwise robust enough to have only male offspring have a succession of girls. This succession is sometimes broken by accidental circumstances,

that separate the husband from the marriage-bed for two or three months at about the time when conception would ordinarily occur, and this being thus delayed, the wife has an opportunity to recover her full vigor.

*d.* This will, no doubt, be regarded as a strange conclusion, but if any of my readers will take the trouble to investigate the subject they will find it a true one. The fact is explainable under the physical law as resulting from two primary causes. First, a girl trained up religiously is taught that even thoughts on the subject of procreation are wrong, and are to be suppressed. She grows up with an innate modesty and pudicity, often arriving at a state of puberty without a sensual thought or inclination toward the opposite sex. She even feels an inward shame when nature develops the sexual desire in her, lest some unconscious word or act should betray to others its existence. And when she is married this modesty has become so ingrained that it controls her actions in the conjugal embraces of her husband. She prefers to have him think that she submits to these to please him, and as a matter of duty, rather than from any special desire on her part.

So it happens that these embraces are rarely sought by her, or her desire for them indicated, and they occur only at the solicitation of the husband when his desires are ardent, and when often her own are not. At such connections the chances are very few in proportion that she will be in the higher condition of sexual excitement and conceive a son.

If later on in the married life of such wives, they somewhat lose this prudery, they are likely to be found in the condition mentioned in conclusion (*c*).

But, secondly, there is another cause for the condition of such wives as leads to this conclusion (*d*) lying much deeper. Young women of poor health and feeble bodily frames more frequently and readily become church-members than do their more robust sisters. This weaker condition naturally leads to thoughts on the probability of an early death, and they hasten to make preparation for the life beyond the grave by joining the church ; while their sisters, with bounding, vigorous health and active desires, feel that death is yet a long way off. So the solemn exhortation of the preacher to prepare for it, which moves the feebler ones to re-

pentance, and to church-membership, passes by these stronger ones unheeded. The sunshine and glamor of life is yet all before them, and thoughts of the grave and the hereafter are for them at this period of their lives but the passing fleecy clouds in the sky of their bright June days, that shadow them but for the moment.

Readers may regard this conclusion (*d*) as a sad one, but it is a true one, as any of them will find who may have access to the records of infant baptism in any of our village churches where our native-born women are largely members; the female infants baptized will be two, or more even, to one male infant. Of course, this idea of the tendency of those in feeble health to more readily devote themselves to a religious life is not new. Holmes in his "Professor at the Breakfast Table" discourses upon it, and upon the tendency, on the other hand, of the young in robust health to be mischievously wicked; closing his discourse with the remark that—"in the sensibility and sanctity which often accompany premature decay, I see one of the most beautiful instances of the principle of compensation that marks the Divine benevolence." So Longfellow in one of the most beau-

tiful of his short poems, "Footsteps of Angels," connects delicacy of bodily frame with saintliness in—

" They the holy ones and weakly,  
Who the cross of suffering bore,  
Folded their pale hands so meekly,  
Spoke with us on earth no more."

There is a like conclusion in the old anecdote of the little boy who from reading his Sunday-school story books so coupled goodness with an early death, that when exhorted by his mother to be a good boy, replied that he "did not want to be good, for the good little children all died and went to heaven."

Admitting this second view of the greater tendency of weak and feeble young women becoming church-members, we have the reason under the physical law stated, why, when they become wives to men of average physical stamina, there should be many more girls than boys born of them.

*e. f.* Conclusions (*e*) and (*f*) are really included in those of (*a*) and (*b*)—the former being general and these special ; consequently the explanatory remarks connected with (*a*) and (*b*) cover also (*e*) and (*f*) so far as showing how the general law of

the conception of sex is applicable. They are kept separated because the statistics more especially and directly show the conclusions (*c*) and (*f*) to be true, by the details of the towns given.

Other general conclusions of similar character to (*c*) and (*f*) were arrived at from neighborhood observations—as that a larger proportion of girls were born in well-to-do families where the wives being entirely freed from all active bodily labor devote their time to quiet sedentary occupations, as embroidering, crocheting, and the like, and become weak and languid in muscular fibre, than there is among poorer families where the wives do their own household work, and by the exercise therein retain more physical strength; but all such conclusions were finally embraced in those given.

*g. h.* These are general conclusions formed from personal observation as to (*g*), for no statistics were found of illegitimate births in the country places. Necessarily the horizon of any one person's observations of this kind is extremely restricted. The few instances of such births occurring within the writer's notice being at least three boys to one girl, justified the conclusion,



though it was not justified of illegitimate births recorded in the cities.

The reason for this doubtless is that illegitimate births throughout the country are more frequently the result of the seduction of the woman by her pseudo lover. Naturally a transgression of this character would not occur except when the woman was in so highly excited a state as to be largely regardless of the consequences. The opportunities would not be frequent between the pair for their illicit intercourse, and whenever they did occur the chances would be in favor of the woman's being in such condition that, under the physical law given, she would more readily conceive male children.

In cities, while this condition exists, there are two other classes of women who have illegitimate children under different influences. One class, the prostitutes, whose frequent indulgence of the sexual passion naturally hinders it from ever rising to a great height; while their temporary paramour is likely to be more vigorous than the ordinary husband is in the marital intercourse. Conceptions occurring under these circumstances would not probably vary much in the proportions of the sex of the offspring from

those occurring among the married people of the same place. The other class having illegitimate children are the mistresses, who occupy a similar position to that a wife does in regard to their chance of the conception of either sex. The disposition of men of mature age to select very youthful women for mistresses would indeed result in more frequent births of girls than of boys, as mentioned in general conclusion (*i*).

An article in the *New York Mail and Express* July 25, 1884, on "Homeless Waifs," says: "Three-fourths of the abandoned babes that are picked up in the streets are boys. Of the eighteen foundlings brought to Matron Webb's Nursery" (Police Headquarters) "in the first eighteen days of July fourteen were boys, and of the twenty-two in June, thirteen." It is a fair presumption that these abandoned babes are mostly illegitimate.

*i.* It is a somewhat prevalent idea that the sexual ardor is much stronger in youth than in mature age. This is, however, an error. That the passion is more excitable in the young and less under control, is no doubt true. In youth the tissues are softer and more sensitive to all impressions; the sensation of pain is felt more

acutely, so also the sensation of pleasure. But this sensibility to the impression is a different thing from the strength of the impression, and the power that gives it. The one presupposes softness of muscle and tenderness of nerve, producing an excitation at less force of power. The other hardness of muscle, slow to excitement, and, consequently, the exertion of more sexual force to arouse it. It is this last that gives the superior power in the sexual embrace. All other things being equal, therefore in the union of a husband of 35 or 40 years to a wife of 18 to 22 years, it would be very seldom that the wife would be in such a superior sexual ardor to her husband, at the time of the conjugal embrace, as to conceive a male child. She might, and probably would be, more frequently in the condition of amatory desire than he, but rarely rising to the same height; just as a child will be more frequently and more excitably hungry than a man, yet without the man's ability to eat or digest the quantity of food.

*j.* Marriages do not often occur in this, the reverse condition of the preceding; but they occasionally do, especially among the Irish population, where the union of a man of 21 to 24 to a

woman of 30 to 32 is not uncommon. In the few cases I have noticed of this character, the children have been in large proportion boys.

*k.* The fact that there is a fair proportion of brothers and sisters in a family, indicates a fair equality of sexual vigor in the parents, but is no proof that they in this vigor are above or below the average. To whatever degree it existed it would be inherited by the children. If the daughters on being married, having no inherent defect of constitution, give birth to a larger proportion of girls, the inference under the natural law given is, that as a family they are below the average of sexual vigor. The brothers, partaking of the same inferior condition, wedded to wives possessing this vigor in the average, or to them superior, degree, would have by their wives a larger proportion of boys.

*l.* In this, the reverse condition, if the daughters give birth to a larger proportion of sons, the inference is the family vigor is above the average. And the sons inheriting this higher vigor when married to women of average vigor, will have **more girls than boys.**

*m.* Of course this may be said at times as a sort of defence to the charge of weakness in the

husband where his wife has many daughters, the popular belief being, as before mentioned, that it is the father that gives the paramount impression on the embryo when it is a son.\* But the author has heard it quoted with pride on the birth of a girl, when a fair proportion of the children already born in the family were boys. It will be obvious to the reader that it falls in exactly with the physical law enunciated. Among a rugged population of farmers' wives a husband had to be possessed of a higher degree of virility than the very young men, usually denominated boys, ordinarily possess, so as to overbalance the strong sexual vigor of the average wife, before he could beget a girl. If he was only a boy in this particular, the stronger sexual ardor of his wife would control the conception producing male offspring.

In closing this chapter reviewing the general conclusions, it is proper to call the reader's attention to the fact that the various influences mentioned in the conclusions often clash, producing exceptions. And these must specially be borne in mind in any efforts to account for the existing condition of disproportional numbers of offspring of either sex in his own family,

or in those of his neighbors. For instance, a brother or sister, as mentioned in (*k*) and (*l*), may from special circumstances be found much above or much below the average vigor of the rest. Or one of a vigorous family may have intermarried with a person of still more vigorous family. Or one of a weaker family with one still weaker. Or one of mature years married to a very young wife, or the reverse. All these have to be carefully noted when making such observations, otherwise the conclusions would only lead the reader astray.



## CHAPTER VII.

### CONDITIONS AND PERIODS FAVORABLE TO THE CONCEPTION OF MALE OFFSPRING.

IN the application of the physical law controlling sex, as presented in the previous chapters, to actual practice, some consideration of the conditions under which conception ordinarily takes place in the human race, and what more favorable conditions can be obtained at this period, is very desirable.

It may safely be asserted that not once in a hundred instances does it occur premeditatedly, or with this special end in view at the time of the marital embrace, but is a result, too often an undesired one, following an embrace sought simply for gratification. This being so, it is important that these occasions should be so considered and timed, that when a conception does follow, the offspring will be of the sex desired by the parents. This it will not be difficult to do by the adoption of a few simple rules not mate-

rially interfering with the reasonable enjoyment of this marital intercourse.

Believing that by far the greater number of married people are desirous of having a larger proportion of sons born to them than is at present current, the rules inculcated are such as tend to the conception of male offspring.

The first and great rule is never to allow of the sexual embrace except at the wife's earnest and ardent desire. This must not be a desire merely to please her husband, which is too often the impulse, but one arising from a real craving for the gratification of her passion. Should there be a remaining feeling of unsatisfied desire on her part after the consummation of the act, it would be a favorable indication that it was a male conception, if any occurred at the time, and this remaining desire should not be quenched by a repetition of the act.

As such intercourse usually takes place at night, there should be also some consideration of the best time in the night for it. This must depend on the daily occupation of the wife. If this is such during the latter part of the day and evening as to weary her, as the care of a fretful child, and she retires to bed fatigued, nervous,

and unstrung, the early night is unfavorable for the conception of male offspring, even though by thinking upon the subject she may stimulate her desires to such an extent as to wish their gratification. Especially will this early hour of the night be unfavorable for male conceptions if the husband, as often happens, has ceased his daily labors and cares at the close of day, and had time for rest and recuperation before bedtime. Under such circumstances the sexual connection should be postponed till toward the morning hour, when the wife has been strengthened and refreshed by sleep. The case is different when the wife's employment late in the day and evening has been such that she retires to the marital couch not fatigued, while the husband's labors at the same period have been such as to induce a sense of fatigue. Then the hour of retiring would be appropriate for the connection, provided, of course, the wife first desired it. There is also a period in the month that the wife will do well to consider. As is known by most people, the monthly menstruation of woman is the same in general character and purpose as the period of heat in the females of the brutes. It is, however, so much more intense that the

discharge is sanguineous, and the desire created more lasting. In brutes the desire is very transient, the female admitting the male, usually, only during the periodic flow or heat, while in the woman this desire often lasts the whole month through. There seems in this stronger passion of the woman a special providence to continue the existence of the race. Did she possess only the transitory desire of the brute female, her intelligence would induce her to calmly bear this fleeting demand of nature, knowing the consequences that follow its gratification, and the increase of the race would consequently languish. But as this passion in a healthy woman may last all the month through, there is a continuous demand, more or less great, for its gratification by marriage. Especially is this so in the young woman just come to maturity and at a marriageable age, when her desires, if not at their strongest, are at least more difficult to repress.

While the sexual desire incident to and following menstruation is usually spoken of as continuing through the month, it is not universally so. The writer has been told of wives who feel this passion only during the menstrual flow, and

in whom it is difficult to excite it a week later. Of course with such passionless women it is difficult to conceive male offspring. Their only chance would be with husbands whose desires are as feeble as their own ; and then the probability of the production of strong, vigorous children of either sex would be very limited.

It was one of the author's secondary theories, founded on his own personal experience, that the nearer a conception occurred to the period of menstruation the greater would be the female's sexual excitement, and, therefore, the greater probability of male offspring, and that if conception was delayed a few days after menstruation the offspring would be female. But on fuller investigation this, as a universal law, had to be abandoned. There are well-authenticated cases in medical works where wives have conceived sons even twenty or more days after menstruation. There is, too, the case of the religious Jews, among whom a fair proportion of boys is born, whose sacerdotal laws forbid the intercourse of the husband and wife till full seven days have passed after menstruation. There is also the undoubted fact found in the management of bees, that if the queen is kept from the male for

some days after she is willing to accept him, her progeny will be largely males.

As a fact, women vary in the continuance of this desire—some a few days only from and after menstruation, others two weeks, and still others through the full month. That a great many lose this ardency early in the month, is shown by the current belief that they will not become pregnant by an intercourse with their husbands after two full weeks from the menstrual period.

The conclusion from all this is, that every wife desiring male offspring should carefully observe her disposition in this respect for a month or two, and notice at about what period after menstruation her desires are most intense, and thus be prepared to select that period only.

Among the causes that tend to the conception of daughters none are more influential than too frequent sexual intercourse, particularly when the intercourse is at the solicitation of the husband, and the wife has no desire, except as momentarily excited by the caresses of the husband.

Many a wife's health is ruined by the nightly, or even semi-weekly, embraces of a too vigorous husband ; who thinks because his wife does not



object, fearing perhaps if she did he would seek the society of other women, that it is agreeable to her. Indeed, in a limited measure it may be, and yet be very injurious to her. A husband who thus sacrifices his wife's health to indulge his own desires makes—I would say—a beast of himself,—only that this would slander the beasts; for the males of these do not press their suit when the female is disinclined.

Some may object that I name the morning hour as under some circumstances more favorable for the marital intercourse that may lead to the conception of a son, because the act is one that often causes a desire for rest or repose afterward. But there is no better or more sure rule to apply when male offspring are desired, than that the sexual intercourse of the husband and wife should have been so infrequent that fatigue does not follow the act. When this continence prevails the husband will see and understand clearly the beauty and propriety of the Psalmist's comparison of the rising sun, "Like a bridegroom coming forth from his chamber and rejoicing as a strong man to run a race." Too often now the pallid and limp husband coming forth from the marital chamber after a night of exhaustive enjoy-

ment, is shorn of all his strength, and bears no similitude to the rising sun, or to the strong man rejoicing to run a race.

The husband should remember that his wife's periods of high sexual desire are immutably fixed by her menstruation at a month or about that apart. While his are only about a week apart—that is, if his sexual desire is completely extinguished by a full gratification—a natural return of desire will occur inside of a week at furthest. It is true an artificial desire can be stimulated on both sides by the imagination at intermediate times. But it is this inferior condition of desire that is especially to be deprecated by the wife as favoring the conception of girls.

## CHAPTER VIII.

### ON SOME OF THE CAUSES TENDING TO INCAPACITATE WOMEN FOR THE CONCEPTION OF MALE OFFSPRING.

WHEN the husband possesses an ardor in the sexual embrace so much greater than the wife that female conceptions ordinarily ensue, it is, of course, not desirable that he should be shorn of somewhat of this ardor by fasting or otherwise, as this would tend to the general weakening of the offspring; but rather measures should be taken to increase her general health and strength, and incidentally thereby her sexual vigor.

It is not exactly the province of this work to say how this is to be done, that being rather for the family physician, who, knowing all the circumstances of each individual case, can appropriately prescribe. But it is fully within the scope of the treatise to mention the character of, and most ordinary causes for, any deteriorate condition of the wife.

There are, doubtless, some wives who are perfectly healthy in all their bodily organization, who yet have but feebly developed maternal organs, and whose sexual power it would be difficult to increase. But from some observation on that point, the belief is induced that the most of wives whose sexual ardor is feeble, have some inherent taint of disease inherited or personal, which, if cured, would greatly restore to them the vigor they lack.

If a classification were made of the various degrees in which this appetite exists in wives, it would run about as follows, viz.:

1. The pristine, vigorous vitality, that will include such wives as menstruate, in common with the females of the brute creation, shortly after parturition and during lactation, and who, therefore, have the ability to conceive and bear a child every year. Women of this class are rare in our towns, but not infrequent among the rural population. Unless mated to an exceedingly lusty husband their children are largely boys; but when so mated and conception follows soon after childbirth, and before the debility usually attending this event is fully recovered from, they can have a succession of girls.

2. Those who do not menstruate till after lactation ceases, and yet are not specially enfeebled by nursing. This condition is the best now usually found in towns. When, as is frequently the case, they nurse their offspring for a year from its birth, they will have children every two years. And if conception does not occur too promptly after weaning their child, they will oftener have boys than girls.

3. Those who are much weakened by nursing their child, and recover strength but slowly afterward. Menstruation comes on after each period of nursing while they are still weak, resulting very commonly in a succession of girls. If an occasional boy is born, he will be of feeble vitality, with all the softness and effeminacy of his sisters, and very prone to succumb in the struggle of life at an early period. Too many of the wives in our towns are now in this reduced condition, giving birth to the numerous weakly girls that grow up to be mothers in their turn with much of inherited weakness of body.

4. The lowest and most debilitated who require all their feeble vitality to maintain their own hold on life. Some without the ability to bear children, or if they bring a few miserable

abortions of humanity into existence, they die off in childhood. The number of this class who are wives is not great. Many of them die off on reaching womanhood, others aware of their weak condition decline to enter the married state, or are passed by in that natural selection a marrying man often makes, because they are visibly unfitted to become wives and mothers.

It will be understood that the classes above described are only types. There are always intermediate shadings and gradations between the classes, so that any given wife may at one period of her life be fairly identified with one class, and at another period by an increase or decline of health be raised or lowered to the next class.

Fortunately there is a recuperative vigor in the human body, especially in the first half of its existence, so that when we are weakened either by congenital or personal infirmities, care and attention bestowed to that end will bring an amelioration of the affliction. Even if a full restoration to the primitive health and vigor of the race is not obtained in one generation, a wife and mother may hope that by care her children, or children's children at furthest, may be exempted from the ills she suffers.



A daughter will often inherit from her mother a tendency to female disorders, just as she will inherit weakness of the lungs, or of the digestive organs, and unless such tendencies are specially cared for, mere change of residence to a more healthful locality, and the ordinary hygienic regimen for increasing the general health will not of themselves avail,—though these are essential and necessary in connection with special means for remedying the sexual difficulties.

It is natural to suppose that a woman weak in her maternal organism, is weak in all her bodily organs. But this is by no means always so, perhaps not even enough so to establish it as a rule. Weak lungs or a weak stomach are often found coupled with a large degree of muscular strength and health in the rest of the body. And a wife may have lungs actually diseased, yet possessed of so strong a sexual organization that she has more boys than girls. Still as the disease of the lungs progresses we should expect to find a gradual decline of vigor and strength in every other organ of her body. On the other hand, a wife may have a strong bodily frame, good lungs, good digestion, and yet an inherited debility—if nothing more—of the maternal organs, that

inclines to the conception of girls rather than boys.

That these female complaints and weaknesses are very prevalent, especially among the well-to-do class, is now undisputed. Miss Harriet Beecher, writing on the health of women in this particular, says: "I do not know, among all my acquaintance, a woman who has a perfectly healthy maternal organization."

The most common and least noticed of these complaints, and no doubt the foundational cause of most of the others named, is immoderate or too profuse menstruation. And yet this is evidence of a weakness rather than a disease in itself. It is not too much to assert that this seriously impairs the health and strength of half the women of our country. While it is difficult to cure the complaint when once established, much can be done to alleviate it. The difficulty is that it rarely excites sufficient attention, as not one woman in ten probably knows whether in her individual case menstruation is too profuse or not. But until the wives and mothers of our land do learn something about this grave subject, our country will continue to be filled with great numbers of sickly and debilitated women,

who, when wives and mothers, will produce mainly daughters, inheriting in their turn the weaknesses and complaints of their mothers.

There is a strong analogy between this function of menstruation, as exhibited in women and the females of the brute creation, and the blossoming of plants and trees in the vegetable world—a like preparatory step to fructification. Every pomologist knows that a superabundance of blossoms on his fruit trees is not only weakening to the trees, but often the indication of an inferior crop of fruit.

It may be rather fanciful to go so far for an illustration, when we really need no other than the subject herself. The remarkable change exerted in the person of a young woman when this function comes on in its regular normal manner is patent to all observers. The girl under its influence is developed into a graceful, sensuous woman. The eyes take on a new lustre, the cheeks a livelier bloom, the lips a brighter red, the neck and bust a fuller development. “Grace is in all her steps and beauty in her eye.” But when this flow is in excess, how different are the appearances: the whole person exhausted and languid, the eyes sunken and lustreless, often

with dark circles around them, the cheeks wan and wasted, lips thin and bloodless, the neck and bust spare and angular. A few years' continuance of this excessive menstruation turns a young woman into an old one.

As before remarked, probably not one woman in ten, if the question was asked her, could tell whether in her case this monthly flow was excessive or not. The other nine would suppose it was with them as with other women ; not knowing whether the natural and healthy flow should be a tablespoonful or half a pint, they are at a loss to know when it is excessive. The proper quantity is not measurable, and depends entirely on the robustness of the woman.

An unfailing rule, however, easily understood and remembered, is, that it is too much when it produces weakness and exhaustion. Every woman can by this know when to apply for medical advice, or take precautions to abate the flow. To understand how, in the absence of medical advice, these precautions can be taken, it is proper to explain that extravasation of blood from the mucous surfaces, as the interior of the nose, mouth, bowels, and womb, occurs from two causes. One when there is a congestion of blood in the

locality, so that the blood-vessels are distended by the inordinate supply. The blood will then, by force of pressure alone, ooze through the distended coats of the minute veins, and continue to flow till the congestion is relieved and the pressure abated. The second cause comes on to act just at this time. The relaxed coats of the minute veins are often too weak to contract against the normal pressure of the blood, and this continues to flow on as before, not because there is any congestion, but because of the weakness of the tissue. This effect is often seen in simple bleeding at the nose. A discharge of blood begun by nature to relieve the congested parts, continues on, sometimes imperilling the life of the patient, and is only stayed by the use of strong styptics topically applied, causing the membranes to contract; or sometimes by fainting, when the heart partly abates its action, and the pressure of blood in the veins almost ceases. Among the causes tending to increase, and often to originate this really dangerous and foundational complaint, tight-lacing stands pre-eminent. By this is not meant simply that of the stays or corsets ordinarily worn by women, but any and all clothing that compresses the

body at the waist. All dress of this character acts as a ligament, preventing the blood forced by the heart's action to the lower part of the body, through the arteries, from readily returning back through the veins. The effect is precisely the same as when the ligature is applied to the arm by the surgeon preparatory to bleeding. So long as the ligature tightly compresses the arm, the blood will continue to flow from the opened vein. It is true that very rarely are the clothes drawn so tightly around the waist as the surgeon draws the ligature around the arm ; but an amount of pressure that the person would hardly be sensible of, or regard as injurious, will have a very evil effect if applied at the period of menstruation. By its specific gravity alone, the blood tends to remain in the lower part of the body, requiring all the powerful action of the heart to overcome this gravitating tendency ; so that under this condition any unnatural resistance, however small, is difficult to overcome. This blood that in tight-lacing gorges the lower part of the body, must either produce congestion in every susceptible organ, or find an outlet through a protracted hemorrhage at the menstrual period.



Every one is familiar with the common practice of tying up the arm by a sling to keep it in a horizontal position, when there is a wound or sore on the hand or forearm, to prevent the blood from gravitating excessively to the wounded part, and by its abundance causing inflammation in the wound. The operation is purely a mechanical one, and is strictly analogous to the best means of relief in too profuse menstruation, *i. e.*, loosening the clothing, and reclining on a lounge or bed. There would be just as little sense in applying styptics or other remedies to arrest this hemorrhage without abating first the principal cause, as there would be in applications to the opened vein to stay the blood while the ligature was still bound around the arm.

Another frequent cause of profuse menstruation among married women is the excessive sexual indulgence of their husbands. This is indeed often an originating cause rather than a continuing one, as profuse menstruation tends to weaken the sexual desire. An anxiety to gratify the husband, however, too often induces a submission to his embraces, when there is no desire on the part of the wife—a condition more injurious to her, so far as this complaint is concerned, than when the desire is mutual.

Thousands of wives, whom the world deems happy and comfortable in their marital relations, pass their lives in a state of misery and suffering from this cause. Their maternal organism, irritated and inflamed by the too frequent caresses of their husbands, affects not only their bodies but their minds, and fretful and feeble, hysterical and peevish, they pass cheerlessly through life, not well enough to live, nor yet sick enough to die. A wife suffering from profuse menstruation, or, in truth, from any complaint of the maternal organs, can not expect relief till this disturbing cause is restrained.

Another frequent cause of excessive, as also of painful menstruation among unmarried women, is solitary abuse of the maternal organs—a habit which is also the prolific parent of many other bodily complaints. A whole volume might be written on this subject—indeed, such are written, and it is not quite within the scope of this work to add to that literature. It needs only the remark to fathers and mothers, who may read this, that they should not remain ignorant of, or overlook the terrible blight, worse than death itself, that will surely overtake their daughters, and their sons too, who may contract this evil habit.

Having been led to say so much on this subject, the reader may naturally look for something in the way of cure, or at least alleviation of the complaint. This might appropriately be left to the family physician, but having known instances where mothers applied to these on behalf of their youthful daughters just entering womanhood, when he pooh-poohed the matter,—said “they will be all right when they get older,” or “when they get married,” or “when the function is once regularly established,” etc., a few words of advice may not be amiss. These will be hygienic rather than medicinal. The main reason why physicians’ remedies so seldom cure this complaint is that the original exciting cause continues. The first thing, therefore, recommended, is a careful study of the inducing causes for the complaint, and an abatement of these. If it be clothing worn too tightly around the waist, this must be made loose—very loose. Violent exercise just before and at the period must be avoided, as dancing, running, horseback-riding, etc. The bowels should be regulated, if necessary, between the monthly periods, so that all purgatives may be avoided at the period. As much as possible the patient should lie down at the time

completely in a horizontal position, and not merely recline in an easy-chair. Freedom from all excitements of every kind is enjoined. These, with the physicians' ordinary remedies, will materially help the sufferer.

Above all, she should not conclude, because the alleviation seems slow, that there is no cure, and no use in trying. The complaint, like many other ills—corns for instance—is hard to eradicate entirely, but it may be brought into such subjection as to be shorn of its principal evil effects.

It is worthy of grave consideration whether much of the sexual disorder of the present generation of young married women is not due, as an inheritance, to the use of the poisonous pills and drugs so openly and widely advertised thirty or forty years ago for preventing the too rapid increase of children in the family. That they were freely purchased is evident from the noted prosperity, financially, of the vile decoctors who compounded and sold them; one of whom, dying some years back, was reputed to have counted her ill-gotten gains by the hundreds of thousands of dollars; each dollar of which probably indicated a customer and a victim. No mortal

can conceive, only the power of Omniscience can estimate, the baleful consequences to the lives and health of the women of this country resulting from this one woman's nefarious business alone.

The "Society for the Suppression of Vice" is worthy of all praise for their successful efforts in stopping the open advertising and sale of these so-called remedies for female complaints; whose real purpose was indicated in the appended caution, that "they must not be taken during pregnancy as they would invariably produce miscarriage, though no other ill result would follow if by accident they were taken at such time." But there is a great work still to be done in this line by that Society or by other good people. It is quite notorious that large fortunes are made in the present day by as unscrupulous people who manufacture and sell these vile pills and potions, but who more shrewdly advertise them for curing "suppressed menstruation," "expelling tumors from the womb," and other as mythical female diseases, while the known real purpose in their use is to cause the abortion, at each recurring period of menstruation, of any conception that may have intermediately occurred.

No doubt these drugs are often used by wives in blind faith in their alleged freedom from everything prejudicial to general health, as always claimed by those who sell them. But women ought to know that any and all medicine used to bring on the function of menstruation when conception has once occurred, or, in plain words, to produce miscarriage, is necessarily deadly in its influence on the general health, no matter what may be advertised about its innocent character.

The conception of a child is a natural obstruction to menstruation—in fact, a stop to it; and this can not be removed or expelled (as some seem, by the use of these remedies, to think) in the same way that obstructions are removed from the bowels by a purgative,—only requiring stronger or special remedies. The womb is further removed from the direct action of medicines taken into the stomach and passing through the bowels, than any other organ in the body, and all such remedies have to act indirectly. Necessarily before a drug can have this indirect action with sufficient power to force the womb to open and yield up its treasure, it has its direct and more powerful action on the body, always poi-



soning the blood, and depressing the vital powers to the endangering of the general health, frequently causing death itself before the contemplated action on the womb is reached. The conditions are like forcing a fruit-tree to untimely cast its fruit by shutting off all moisture from it, and laying its roots bare to the sun and wind. Possibly before the tree would actually die the fruit might drop off. But in vain would you then supply moisture and cover up the roots; the tree might languish out a few years of useless existence, but its value would be gone.

It is in no spirit of special animadversion that this subject is dilated on. The remarks must be general, as the extent of the evil can only be surmised or inferred. But in many families, particularly among the educated and refined, only two or three children are found, sometimes years apart in their birth, where in the ordinary course of marital life there should have been a dozen. Of course it is possible that the limited number are due to a Shaker-like continence in the married pair, though our common experience will not readily believe this. It may also arise from the Oneida Community practice of an intercourse which avoids conception. But neither of these

would bring customers to the compounders of the abortive drugs in such great numbers as their prosperity shows do come. Hence by a process of reasoning we arrive at the conclusion, that the practice of avoiding maternity by the use of such drugs is still wide-spread, and it is therefore a fair surmise that this not only was, but still continues to be, a prolific cause directly, or by inheritance, of many of the deadlier forms of feminine disorders, which make their victims' lives a burden to themselves and others ; fitting them for, and reconciling them to, an early death.

In conclusion of this unpleasant subject it need only be said by way of advice, that the wife who thus keeps down the number of her children not only brings on herself disease and premature decay, but entails the sad consequences of her folly and crime on the innocent children she may later bring into existence. For it may truthfully be said, that a woman who once induces a miscarriage in this way, forever after incapacitates herself to bear healthy offspring.

## CHAPTER IX.

### SOME OBSERVATIONS ON THE PHYSICAL CONDITIONS REQUIRED IN WIVES TO ENABLE THEM TO CONCEIVE SONS.

THE editress of one of our popular periodicals in some criticisms on the management of infants very truthfully and forcibly remarks: "But a great part of the children that are born nowadays are *not* good average healthy children. They are children of deficient brain power, of diseased nervous systems; children begotten of tobacco-smoke, late hours, tight-lacing, and dyspeptic stomachs. The father has put his son's brains into his meershaum, and smoked it out; the mother has diddled and dribbled it away in balls and operas. Two young people come together, both of them in a state of half nervous derangement. She can not live without strong coffee; her hand trembles and she has a sinking at the stomach when she first rises in the morning till she has taken her cup of coffee, when

she is primed for the day. He can not study or read, or perform any real mental labor without tobacco. Both are burning life's candle at both ends; both are wakeful and nervous, with weak muscles and vibrating nerves. Two such persons unite in giving existence to a poor helpless baby who is born in a state of such diseased nervous sensibility that all the forces of nature are a torture to it. . . . What such children cry for is neither cold or hunger, but irrepressible nervous agony, sometimes from fear, sometimes because everything in life is too strong for them and jars on their poor weakened nerves, just as it does on those of an invalid in a low nervous fever."

The influences of tobacco, strong coffee, and late hours in enfeebling our race are not exaggerated in the foregoing. Indeed, the writer might with propriety have largely extended the list, for unfortunately evil indulgences are not limited to these few. And besides the committed evils there are many evils of omission which also lead to fragility and weakness. These last are indeed the most common among a large class who are carefully circumspect in avoiding the fashionable vices and follies of the day—the class

known as the religious world, who are models of sobriety and refinement. In their desire "to keep the body in subjection," and to suppress the animal instincts as base and sinful, they are in danger of rooting them out altogether. They would be angels and "freed from earth and earthly failings" before their time and while yet in the body, and so they but half do the work their Creator has given them to do in the world.

What is needed with this large and deservedly influential class of women is that the desires connected with maternity shall receive a higher respect,—that there shall be accorded to the fulfilment of the maternal duty a holier and less sensual idea. So that its legitimate and reasonable gratification may be honored and ennobled; so, too, that its suppression or wicked perversion shall be regarded as a sacrilege as deserving the curse of God as was the crime of Onan.

As in eating, there is a happy medium between fasting and gluttony which we readily recognize as the true rule; so there is a proper middle ground in the marital intercourse, between squeamishness on one side, and sensuality on the other, which should be our path, both in our own course and in the training of our chil-

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dren. One great reason why wives are so often ashamed nowadays to have children is, because of the physical and mental disqualifications of the few they do bear. There is nothing in their infancy or maturity to be proud of, unless, as is too often the case, alas ! we are proud that they have inherited a concentration of our own infirmities. There was never yet a right-minded wife who would not be proud to be surrounded with a round dozen of stalwart, clear-headed sons, and rosy-cheeked daughters ; but when they come forth pale, stunted, scrofulous, and spine distorted, fit only for the physician's hands, one or two quite suffices to satisfy the mother's pride.

It is said that a family living in Paris will die out and cease to exist in about five generations, and from many observations of the writer, it may probably be truly said of families living in all large cities,—the tendency of such places being gradually to debilitate and impair the race. But this will be found true only where the sons continue to intermarry with the daughters of contemporary city families. The introduction from time to time of healthy, well-developed country girls as wives would retain the name and lineage in existence.



Almost every person of mature years who is extensively acquainted among city families, can recall many instances among his acquaintance where the elder members of the family born and reared, perhaps somewhat roughly, in the fresh, healthful atmosphere of the country, and transferred to the city at a mature age, continue hale and hearty at seventy or more years, with a numerous progeny, who reared in the city fall much below their parents in general health and strength, and in the third generation are so feeble and delicate that half of them die off before their grandparents. If such families be looked into closely, it will be found that there is a fair proportion of sons among the children of the first generation, fewer among the children of the second generation, and a large surplus of girls in the third generation ; so that in the fourth, or at most fifth generation, the males have all died out of the family, and the family name becomes extinct. The exceptions to this in the birth of an occasional son in the later generations may generally be traced to some specially advantageous condition of the mother, either herself fresh from country life, or if descended from a contemporary city family, that she has enjoyed some

special opportunity for the restoration of her family health and strength. There is a consoling thought in the fact that if life in the city, with its impure air and excitements, can reduce the health and strength of the race, a return of even the weakened ones to a more favorable condition of existence can again in a generation or two restore the race to its pristine vigor, so that though the transgressions of the fathers and mothers may be visited on their children, the children may modify the infliction, and by a judicious regimen and training eradicate from their lineage the hereditary maladies, and need not, perforce, transmit to their offspring the physical ills they themselves inherited—at least not to their full extent.

We will now turn to the bearing these reflections have on the main subject of the book.

A wife whose children have been only or mainly girls, and who is desirous of having boys, should carefully study the physical character of her ancestors as well as her own. If those on the mother's side especially, have been feeble and prone to give birth to girls, she may regard herself as clearly under the same hereditary influences, which only time and attention can hope

to eradicate. If, on the other hand, her ancestry have not been specially given to the production of daughters, she should look to herself and see whether by a too sedentary and idle life, she has not fallen away from the pristine strength and vigor of her ancestors. If this is the case, she may hope to recover the vigor necessary to the conception of boys, by a change of scene and habits; getting away into the country, and taking active outdoor exercise. By restraining at the same time all sexual and other indulgence which may have tended to her enfeeblement, she might hope in a twelvemonth or so to regain her strength and be capable of conceiving male children. Of course, while this disability exists, whether hereditary or personal, child-bearing must be postponed; by an entire avoidance of intercourse with her husband if necessary, and certainly not by the use of poisonous and life-destroying medicines, than which nothing can be more destructive to the strength of the female organs of generation.

It may seem to some readers that there is an indelicacy in this sort of preparation for an act that is ordinarily unpremeditated, and not resulting from forethought or intention. But if the

right view be taken a different conclusion will be reached. We have as a people grown exceedingly wise in the propagation of fruit, vegetables, and farm stock, and can discourse scientifically upon the various processes involved, and of the great benefit to the human race made by science and observation in these minor things. But when we come to speak of the improvement of our own race in the generation and conception of the embryo man, we are met with the idea that the subject is indelicate, and should not find advocacy among a cultivated and refined people. Now there is a phase of the subject which is indelicate,—that which brings it forward as the topic of social conversation and as promotive of erotic thoughts simply for their own sake ; but when it is confined to the sacred privacy of the marital chamber, the mind should rise above the thought of personal enjoyment, to the contemplation of the agencies that bring into being an immortal soul, and not only should we desire it, but should use all our reason and all our knowledge to have this immortal soul brought into the world under the most favorable circumstances.

It is a somewhat prevalent belief that male

children are more liable to be aborted than female, and the statistics show that this belief is founded in truth. A male child requires in the mother an amount of vigor and strength in its conception, and subsequent foetal growth, much beyond what a female requires. Hence there is a tendency to overtask the womb, which if not sufficiently strong, acts in the way nature ordinarily adopts in similar circumstances in an overloaded stomach, and throws off the burden. Nature only bears within limits. Up to a certain point the plant or animal may be taxed for the production of fruit or offspring. When we go beyond this point without increasing the strength of the parent plant or animal, and fruit sets or conceptions take place, which too much exhaust the parent, such fruit drops off prematurely until the quantity is reduced to the limit that can be perfected, and with the animal abortion ensues—Nature in both cases intervening by the primal law of self-preservation to relieve the parent. Even when the fruit or offspring by much care and precaution sometimes reaches maturity, it seems to lack some essential element of life, and is evanescent—the fruit soon decays, the offspring rarely survives to propagate its race.

When, therefore, a wife miscarries with male children while she carries females the full period of gestation, the reason for it will be found in her sexual ardor being strong enough to conceive males, while physically she is not strong enough to perfect the conception into a living healthy child, and needs to adopt measures to increase her health and strength at such times, and especially must avoid everything tending to excite the reproductive organs; particularly must the cohabitation with her husband be avoided.

In the previous chapter reference was made to the evil of excessive sexual indulgence, as causing by its irritating effects a too profuse menstruation, but its evil effects do not end with this; these are wide-spread and ruinous on the wife's health as well as often injurious to the husband himself. It is incumbent on every husband to see to it, at least, that he is not indulging his desires at the expense of his wife's health. The control of this matter lies with him, as the wife is accustomed to submit to his caresses even when they are not gratifying to her; the contrary of which can not well occur. Doubtless, the most of husbands who are guilty of this injurious course toward their wives, are guilty



from ignorance. There is, in truth, too much ignorance among all the community of the evil effects of unrestrained indulgence of the sexual passion. It is too much taken for granted that so long as nature induces a desire of this kind, one can not be hurt by its indulgence. This is a great mistake. The seeming natural desire may become as vitiated as the thirst of the drunkard for spirituous liquors, and its gratification as dangerous and debasing.

The writer frequently meets among his acquaintance married people who are visibly sufferers from this cause. They are always ailing; the husband can not half attend to his business, he has a headache, or a fever, or a cold, or sickness of the stomach, or bowel complaint, and his wife more or less in the same condition. The close observer sees in their lustreless eyes, their sodden and greasy faces, and their trembling hands, evidences that an almost nightly indulgence is kept up of the pleasures of the marriage-bed, which is the origin and cause of all their ailings,—sapping, as it does, the very foundations of their vitality.

In this western continent this desire seems morbidly active, whether from the climate, or

habit of living, or both, is uncertain. It is no doubt largely the cause for the thinner and sparer forms in this country, as compared with the plumper and rosier-faced inhabitants of the Eastern hemisphere. Its effect is seen on our married immigrants, who, reaching our shores plump and rosy-cheeked, are found five or six years later with much of this plumpness lost. Acquaintances of this character have admitted to the writer, an increased desire for these marital pleasures, mainly attributed by them to "higher living" here than they were accustomed to in their earlier homes. It is said that there is a larger share of oxygen in our atmosphere than in the older and more populous countries of Europe. If so, this may be an exciting cause for the increased sexual desire. Whatever the cause, whether dietetic or climatic, it seems to need that especial restraint should be exercised, so that our bodies are not wasted, and our race enfeebled by excessive indulgence of this passion.

Our physicians need to take this subject more into consideration than they seem to, in the investigations of the causes of disease. It lies at the bottom of very many of the ailments that humanity groans under, especially those called

chronic ; which are only so because the patient is chronically a transgressor in this particular, and by his unwise indulgence is continually undermining and breaking down, as fast as nature, aided by medicines, restores.

Before closing this practical part of the subject, relating to the application of the "physical law," I bethink me that some man seeking a wife, and desirous of a fair proportion of sons after his marriage, may ask, Is it not better to select for a wife a woman who has not these disabilities, rather than to try to cure them after marriage, in one who labors under some of them, and what are the characteristics by which such a selection can be made ?

The answer is, There is no better way for the restoration of a family line, and of the race at large, than by the intelligent and judicious selection of the fittest women for wives, and the future mothers. As there is a surplus of unmarried women in most of our towns, this is not difficult. It may be sad for those of the sex who, being feeble in frame and delicate in health, will be thus left to single-blessedness by this selection. But it is more sad to think of these, as wives and mothers, continuing to entail all their

weaknesses on their offspring generation after generation. Indeed, the thinking young women of to-day, who know themselves to be in this debilitated condition, do not hesitate to prefer a single life, unless, by chance fortune, they find a congenial husband, who prefers that his wife shall not be the mother of any children.

What the special qualities are to be selected in a woman for a wife, may be catalogued as follows :

She should, in the first place, be of good, sound health, and free from all bodily ailings, especially free from all complaints and irregularities of the maternal organs.

She should be not more than five years younger than her husband,—a desirable age is between 20 and 25 years.

She should be in height five feet to five feet six inches, and not more than four inches less in height than her husband.

She should measure, over a single light undergarment, *at least* 36 inches bust measure under the arms, 26 inches waist measure, and 38 inches around the hips, and weigh not less than 140 pounds.

She should have a good, strong growth of hair,

and bright lustrous eyes, both of any color the husband likes, and a fresh, clear countenance. Dullness of the eyes, and a pale, sallow, or pimpled face frequently indicate something wrong in the sexual organs.

She should have strength sufficient to readily put up a 25-pound dumb-bell in each hand, alternately, to arm's length over her head a dozen times at least, and to take a five-mile walk, out and back, every day, without special fatigue.

With a wife answering to this description, a husband will have to be endowed with more than ordinary virility to beget any daughters. And such a wife will leave to his children as great a fortune as he can possibly leave them, though his wealth be counted by the million, for she will endow them with good health and strong constitutions; provided, of course, that there are no serious defects in his own constitution for them to inherit.

In conclusion of this subject, it is hoped that this "physical law" governing the conception of sex, and its method of operation, have been so clearly and fully described, that the reader understands them thoroughly. But general principles could be given at best. The subjects, in their

details, are profound studies, requiring volumes to fully compass them. The causes which tend to weaken the maternal organs of the woman before and after marriage, considered alone, would be a life's study, embracing as they do, not only the special maladies of the sex, but to a great extent the reflex action of most of the maladies to which the human frame is liable. The object in what has been written about these is to put the reader on the track for investigation of each individual case, and have it managed on the general principles laid down in medical books, or by the treatment of the family physician. It is unfortunate that too many of these estimable men pay so little attention to the origin and cause of disease, being generally content to treat the more prominent symptoms, and more distressing effects, without going back to get rid of the active cause of the malady.

Possibly, where the originating cause of the ailment is an evil habit, it may not be strictly in the line of professional duty to revert to it. The uncovering and exposure of evil habits, which the patient preferred to have hidden from all the world, has so often been the cause for discharging the physician from further attendance, that



some allowance must be made for the indisposition to search into the mysteries of the case, further than the patient chooses to reveal them.

It is believed that, with the guidance herein given, no woman need be at fault in coming to the conclusion as to the cause of any sexual disability she labors under, nor ignorant of the best methods to obtain relief.

And should my investigations, and the publication of this book, be found to practically influence the production of the sexes in the human family, so that a much larger proportion of boys shall be born, as I believe there will be, if the teachings be faithfully followed, future generations will not see, as in the present superabundance of unmarried women, so near a possible fulfilment of that prophetic period, mentioned in Holy Writ, when "seven women shall take hold on one man, and say, We will wear our own apparel, and eat our own bread, only let us be called by thy name" (Isaiah iv. 1).

The greater tendency of boys to die off at an early age than girls, has been frequently mentioned in connection with the statistics and elsewhere in this book. The subject demands more than such indirect mention, and might have a

chapter to itself, only that it is not in the line of this treatise, as shown by the title, though it is fairly in the line of the author's purpose, which may be broadly stated as an effort to secure, in coming years, a greater proportion of men in the population. What may be succinctly said on this subject seems to find its most appropriate place here.

It was to the author not only a sad but a remarkable fact, that the three sons born to him, as mentioned in the introductory chapter, all died in early infancy, while the girls lived. Even the one born intermediate between the second and third son, peculiarly delicate and feeble, and with less promise of living to maturity than either of the sons, came safely through all the usual infantile complaints and grew up to be a fairly strong woman, while each of the sons in turn succumbed to what seemed at the time much less potent maladies ; neither one living till the next son in order was born. It was reflection on this fact, and the observance of similar instances of the death of sons among his acquaintance, that led to the investigation of this collateral subject.

It is, therefore, not enough that by following the instructions in this treatise sons are born in

families where daughters in excess have been the hereditary or individual rule, but these sons must be specially cared for after birth. As a rule the mothers who have mainly daughters are not good wet-nurses for their children—at least not for their sons. There is a natural relation between the two organisms in the maternal body for child-bearing and child-nourishing that when the first is too weak to conceive male children the second is likely to be deficient also. And it is specially desirable that the sons born of such wives should have a better nourishment than the mother is able to supply.

It is not always with such mothers that the supply of milk is limited in quantity, but it is often inferior in quality when it is abundant. Among the varied food a mother of this kind eats, there will be every few days something that she does not digest well—or as she may say, “that disagrees with her.” This influences for the time the quality of the milk secreted, producing intestinal difficulty in a feeble child, and when repeated again and again eventually produces an irritated condition of the child’s digestive organs, through which its vitality is in some degree exhausted, and it falls a ready prey

to disease. When had the mother been endowed with a better digestive apparatus her child would have continued strong enough to resist the attack.

This condition of the mother's digestion should therefore have full consideration on the birth of a son among a family of daughters. If there is any defective nutrition the babe should have a healthy, robust wet-nurse at once. And even she should be cared for in regard to diet, as most women of this class are grossly ignorant as to what they should eat and what not for the best interests of the child. In her selection something more than merely a full supply of food for the infant should be looked after. It is quite important with her also, to see that its quality is good, and that she by her good digestion can maintain its good quality. To this end unless she is known to be a healthy woman this condition should be examined into by a competent physician. Any effort to supplement the mother's limited flow of milk or its inferior quality by artificial food during at least the first year of the infant's life is likely to be fatal to its existence.

The advantage of pure country air for all chil-

dren is widely recognized, but it is invaluable in rearing healthily these tender sons of feeble mothers. They should always have the benefit of this, at least in the warm months of the summer, when outdoor exercise is specially demanded.

## CHAPTER X.

### APPLICATION OF THE "PHYSICAL LAW" IN THE CASE OF DOMESTIC ANIMALS.

THIS law is as applicable to the animals of the farm as to the human race. Indeed there are less difficulties in the way. The equality of condition and living with both sexes is the general rule, unlike that which exists among men and women, and there are not so many disturbing elements to ward off or subdue.

If male offspring among these are desired, the female must be vigorous, in the best condition of health and strength, in the full prime of her life, and not exhausted at or just before the union with the male by overwork, or worried and fatigued by being driven. She should meet the male at the period of greatest heat, and only one connection should be allowed. More than that naturally weakens the female's ardor, and if the conception occurs from the later connection, there will be a greater probability of its being a female.



When the females are young, they are often timid and frightened at the presence of a strange male, which tends somewhat to detract from the force of their passion ; and it is well in such circumstances to permit a social intercourse between them apart from other animals for a few days prior to the period of heat, so that she may become accustomed to his presence, and be willing to accept him when the proper time comes without disturbing fears. The male ought to be in a condition of strength and lustiness inferior to the female, at least he should not be in a superior condition. By condition is not meant fatness, but bodily health and vigor.

Experience has taught the cattle-raiser that among farm-stock where the male and females range at large together, mature females coupled with very young males, are more likely to produce male progeny, while young and immature females coupled with mature males, are more likely to have female progeny. This is in accord with the physical law enunciated. The young and scarcely mature male does not in his ardor rise to as high a degree as the mature female. Similarly the young female has not the intensity of ardor of the mature male ; the re-

sult being that the mature female has male offspring, and the immature female has female offspring. Of course when female offspring are desired, the opposite course must be pursued. The female must be kept lower in condition, and the male so nourished as to be in a higher condition of lustiness. If as is usually the case one male serves a number of females, they should not be brought to him in too immediate succession, while he is exhausted by his previous service. A day or more should be allowed to intervene. Even a longer period is desirable if the female is in especially good condition, as many of the finer blooded cows are kept. With these when a heifer calf is desired, as it usually is, it is well to secure in advance the services of a vigorous bull whose ardor will be strengthened by at least a week's absence from a cow. This might be done by letting the cow pass her first period of heat, making such an arrangement for the bull's services at the next period; keeping her during the intervening time on a spare diet. Driving her some distance, so as to exhaust her strength and thereby possibly some of her ardor, just before introducing her to the bull, would have a beneficial influence in inducing the conception of a female calf.

It must also be understood that low feeding and high feeding, to be of the use here described, ought to be of some continuance, and not merely a temporary expedient of two or three days' duration. It is more likely to be efficient for the purpose when it is the natural and ordinary condition of the animal year in and year out. The sexual desire of the female during lactation can hardly be sufficiently influenced by the best and most nourishing food if continued for only a short time, as its effect is mainly to increase the flow of milk: though when a male is in good condition, and only likely to be somewhat exhausted by too frequent service of the females, a stimulating food in the intervals of rest even for a day or two will greatly aid in restoring his ardor.

The manuscript of this book was already in the hands of the publishers when they called my attention to an editorial article on "Controlling Sex in Animals," in the *Rural New-Yorker* of July 5, 1884, in answer to the inquiries of a correspondent. Among several theories or practices said to be found more or less effective, the editor mentions "that a Texas gentleman, Mr. D. D. Fiquet, claims that he has repeatedly con-

trolled the sex of domestic animals by food alone. For instance: when he wished a heifer calf, he fed the cow light cooling food for some days before putting her to the bull, and at the same time fed the latter with rich heat-producing food; but when he wished to obtain a bull calf, he reversed the practice."

His practice carries out in an empirical way the theory of this treatise—that to produce female offspring the male must be in a more vigorous sexual condition than the female; and reversely, to produce male offspring the female must be in a more vigorous sexual condition than the male. But there are other ways than by this special feeding that these conditions can be brought about, as the reader will have seen.

## CHAPTER XI.

### THE SCIENTIFIC THEORY ON WHICH THE "PHYSICAL LAW" IS FOUNDED.

It is scarcely to be expected that in this scientific age any mere empirical conclusion will be accepted as a natural "physical law" by intelligent thinkers unless somewhat supported by a reasonable scientific theory explaining the *modus operandi* of the action that leads to the conclusion.

The physician may find from his many experiments that a certain drug is a specific in a given disease, but he always somewhat doubts its universal applicability to all ages and sexes and conditions of humanity, till he can fathom the method of action of the drug, and be able to tell how it produces the curative result. Now the writer is not a scientist, but having reflected considerably not only on the subject of the influence that determines the sex of the embryo, but also on the wider field of the tendency or inducement or desire that brings together the two sex-

es, both of plants and animals, in the reproduction of their varied kinds, presents the following as a theory to account for both phenomena.

There seems good reason for concluding that this mysterious influence which brings together the two sexes in reproduction is one of the phenomena of electricity; known in some of its phases as "animal electricity," and that it is governed by the somewhat mysterious laws of that fluid.

If we accept the current theory that electricity is composed of two fluids or influences, which by heat, friction, or chemical action can be separated and which have such an affinity for each other as to readily unite again, we can find several analogies to this action in the process of generation in both plants and animals.

It would be out of place here to discuss at length the character of the electric fluid. It is itself a mystery quite as great as that of the cause of sex in offspring; and it must suffice to say, simply, that while one theory of it is that the fluid is one simple element whose twofold manifestations indicate merely its presence in excess, or its absence in a measure, from which the well-known terms of positive and negative



electricity are derived; the generally accepted theory regards it as a compound of two elements to which the terms vitreous and resinous have been applied, because a vitreous substance, as a piece of glass on being rubbed with a silk or woolen cloth takes on uniformly one element—the positive or vitreous, while a resinous substance, as a stick of sealing-wax, on being similarly rubbed takes on as uniformly the other element—the negative or resinous.

Applying these elements to account for this universal desire between the two sexes for union in the act of reproduction, if when animals and plants arrive at their several periods of puberty or maturity, and are replete with vitality, the male organs secrete or eliminate positive, and the females negative electricity, we have a universal affinity prevailing in all species influencing each sex at such times to fly to meet its complementary or opposite sex with all the force of magnetic attraction. Among the lower organized beings, as plants, fishes, etc., the mere contact of the products of the male and female organs, as the pollen and ovule of plants, the milt and ova of fishes, is sufficient to produce a mutual electric discharge, at which time impreg-

nation occurs. In the higher orders of animals this discharge does not take place until after a certain amount of excitation or friction together between the diverse organs of the sexes, wherein they exert somewhat the same influence on each other as the glass and pad of an electrical machine, the testicles on the one side, and the ovaries on the other, acting as temporary reservoirs of the accumulating electric fluids until so replete that they can no longer retain the accumulation, when a mutual electric discharge occurs, carrying with it on the part of the male the secretion or germ natural to his organs. This germ must not be confounded with the magnetic fluid itself, as the electric discharge can take place without any germ, and the germ exist without any electric discharge.

It will be seen that this theory regards the difference in sex as founded on the different electric influence of each, the male being always positive, the female negative ; or using the other terms, the male developing vitreous, the female resinous electricity; different species having something peculiar in the character of the electricity they generate, so that each species throughout all creation, has more inclination for the oppo-

site sex of its own species than for a different one: akin in this respect to the affinities found in many chemical substances.

It is not meant that this sexual electric condition is found to such a great extent, in the muscular parts of the body generally when in repose, but that it exists mainly in the generative organs at times of sexual excitement. Though circumstances induce the belief that it does often extend to all parts of the body, so that a man in the full vigor of his life can tell by certain sensations that a hand he clasps in the dark is that of a woman and not of a boy, particularly if the woman is at the time possessed of some amorous desire.

It is not very long since, in a divorce case in New York City, that the wife while admitting her guilt, her paramour being a young man living in the house, a near relative of her husband, pleaded in defence her husband's condonation following on her confession to him and other near relatives. In this confession, she sought to extenuate her crime by asserting that it was not premeditated, but that being in the young man's chamber early one morning on some household errand, he grasped her by the hand, and straight-

way such a thrill went through her whole body that she had no control over herself. Those who read the account, naturally smiled at the simplicity of the excuse ; but it is not hard, if this theory be correct, to believe that what she confessed was actually the truth.

The warm clasp of the hand between two lovers which thrills the hearts of both is made much of by the poet and novelist ; but sagacious minds will strive to learn the physical cause for it, even though the knowledge may spoil the romance.

In what is called chemical electricity there is another characteristic strongly supporting this theory. In most of the works on electricity a list is given of some fifty to sixty elementary substances, each of which is positive to its next neighbor above on the list, and negative to its next neighbor below. At the extreme positive end of the list is potassium, the most powerful alkali ; at the other, or negative, extreme is oxygen, the most powerful acid. And so far as the substances have known alkaline or acid qualities they seem regularly graded along the list according to these chemical qualities. Thus sodium, a slightly less powerful alkaline than potassium,

is negative to it, but positive to lithium, the next on the list, seemingly because it is more alkaline than lithium. Chemical nomenclature of compound neutral substances is largely founded in this, and the proportions of the electro-negative element and the electro-positive element in the mixture fixes its distinctive name.

Further investigation in this path will possibly show that chemical affinity is but another name for electrical affinity, or mayhap that all electric action is only the chemical action of alkalines and acids. It is foreign to the subject of this work to inquire into that; the suggestion is only thrown out, that in following this clue it may be eventually revealed to us what electricity really is.

It is a peculiar circumstance in support of this theory that long ago the able chemist, Dr. Franz Simon, in investigations of the chemical qualities of the various secretions of the human body, found the menstrual discharge of woman to be quite acid in character, while the semen of man was as decidedly alkaline; being the two chemical conditions which, according to the list mentioned above, would naturally generate in the woman's sexual organs a negative electric con-

dition, and in the man's a positive electric condition. And it is a fair inference that the secretion of the male and female organisms, both of animal and plant life, are alike alkaline or acid, and generate the positive or negative electric conditions according to the sex. There is another, perhaps trifling, analogy between the action of the electric fluids and of the sexes in reproduction that corroborates this theory. Careful experiment has proven that when there is a mutual electric discharge between a positively electrified body and one negatively electrified by means of a conductor, that the positive electricity travels along the conductor a much greater distance than does the negative, so that the point of junction of the two elements is comparatively near the negatively electrified body. Now this peculiarity seems to be universal in the masculine character. The male goes further to meet the female, than does the female to meet the male. Shall we say this is simply because the desire of the male is greatest, and rest there?

The diverse desires of the two sexes seem in fact to be quite influential in the earlier evolution of organic existence. So far as the microscope reveals it, the first evidence of life is *re-*



*production.* The minute cell or bubble which to all our scrutiny is but a film of dead matter enclosing a gas or invisible fluid is seen to reproduce itself by the growth of a similar cell from out itself, indicating a bi-sexual existence and action prior to any evidence of the process of nutrition. From this the first and lowest condition of plant life where the sex organs are entirely hidden, they seemingly develop by innate power to the next or higher group—the so-called hermaphrodite, where the sexual organs are separately visible, as in the stamens and pistils of most flowers. Proceeding still further along in the innate development, we reach the monœcious group, as the maize or Indian corn, where these organs through their varied aspirations or tendencies are become entirely separated, though both still on the same plant. Still further on we reach the diœcious group, as the ailanthus, where this mysterious influence of sex has produced a total separation, the whole plant being either male or female, as exist in the higher animal life. From observation of these tendencies it would almost seem as if reproduction was the primary purpose of creation, and that the usefulness of the individual outside of this is second-

ary: even as the fruit and vegetable food generally, that we cultivate and eat, is but a provision stored up by the parent plant to protect and aid the germination and growth of its offspring.

To understand clearly how electric influences can determine sex, attention must be given to two well-known phenomena of electric action. (1.) That every electrified body induces an opposite condition of electricity in every susceptible non-electrified body with which it comes in immediate or close contact. This is known as induction, a common illustration of which is the taking up of needles or small pieces of steel or iron by a common bar magnet. The positive end of the bar being able to attract such an article only when it is in a negative state, produces when first applied to the end of a needle, by induction, a temporary negative condition in that end, after which the attraction between the two causes the needle to attach itself to the bar. The equilibrium of electricity being disturbed in the needle, the end remote from the bar becomes positively electric, and in its turn if presented to another needle induces a negative condition in the end it approaches, and the second needle then attaches itself to the first, so continuing

adding needle to needle, till the power of the magnetic bar is exhausted. This induction is also seen in charging a Leyden jar where the inside being charged with positive electricity, an opposite or negative condition is induced and appears on the outside of the jar, the induction acting to produce this through the glass of the jar, though the glass being a non-conductor, the two opposite elements are retained separate until mutually discharged by a conducting wire.

(2.) The phenomena known as the residuary charge. Thus, if after the Leyden jar be partially charged, it be insulated so that the negative electricity can not be collected on the outside from adjacent objects, and the interior charge be continued, there will be a larger quantity of the positive electricity in the interior than there is of negative on the exterior. If now conduction be established between the outside and inside of the jar, a discharge will take place of all the negative electricity and an equivalent portion of the positive, leaving, however, a residuary charge of the positive, which if the jar be now uninsulated, will induce another flow of negative electricity to the outside. So that if by any means two bodies dissimilarly charged with electricity

be brought into contact, that having the greatest charge will neutralize the other, and have a residuary charge left to influence by induction the opposite condition in another body brought into its near vicinity.

It is important that these well-known phenomena of electricity be clearly understood now, to understand how they can act to influence the sex of offspring, especially the first one—the natural tendency being, with those not familiar with the subject, to suppose a positive condition of electricity will induce a positive in surrounding objects, and a negative condition induce a negative.

These being borne in mind, we can see there must be always in the male parent an influence tending to induce the negative or female form in the germ he produces; it being to him when once formed and passing out an independent existence, or foreign object. While on the other side the opposite electric condition of the female parent would similarly induce a positive or masculine form in that part or portion she furnishes toward the making up of the embryo. But the female parent may be so feeble in her sexual desire, or negative electric condition, that she has

been unable to exert much electric influence on the part she furnishes, hence at the instant of the voluptuous paroxysm, when the two electric influences or forces unite, and conception ensues, she has been unable to give her share of the embryo, by the inductive influences of her sexual organs, a sufficient positive condition to overcome the negative condition of the germ presented by the male parent, so that as between the two electric influences commingling in the embryo, that furnished by the male, and by him negatively induced, is superiorly charged, and the residuary charge remains negative, the embryo continuing and developing as a negative body or female. Whereas had the female parent furnished a larger supply of her natural negative electric condition at the time, so as to have induced a larger supply of the positive electric condition to the embryo, than was furnished of the negative by the male, this positive condition would have overborne the negative, with the result that the residuary charge would have been positive and the embryo taken on at once the male form. That there is a continuous electric action of this character in the sexual organs, two circumstances somewhat indicate.

One is, that wives who have had several children, boys and girls, can generally tell when pregnant with a boy, because during that time their sexual desires are excited to a much greater degree than when pregnant with a girl. The negative electric condition of their maternal organs is probably continually excited inductively by the nascent positive electric condition of the male fœtus. The second is, it is noticeable that the males of animals whose young are nourished and developed by a foetal growth in the womb, have their sexual organs more or less drawn out of the body, while the females of these have theirs as deeply reverted. As if in the progress of development of these orders the organs of the males had been in the process of ages gradually drawn out by the mutual attraction of the different electric conditions of the mother and the male fœtus ; and in the female fœtus gradually reverted by the mutual repulsion incident to the same electric conditions.

The males of animals grown from the egg, and without the foetal growth under the influence of the mother's sexual organs, are not drawn out, but remain in the body, nor are the female organs in these deeply reverted.



The views expressed in this chapter were at the outset denominated a *theory*; they might, perhaps, better have been called a *hypothesis* to account for the existence of the physical law governing the sex of offspring as presented in this treatise. Necessarily they are purely speculative, and if they can not stand the scrutiny of closer investigation, the physical law itself is not compromised thereby, any more than is the physician's specific affected in its curative properties when his theory of its action may be found erroneous.

THE END.



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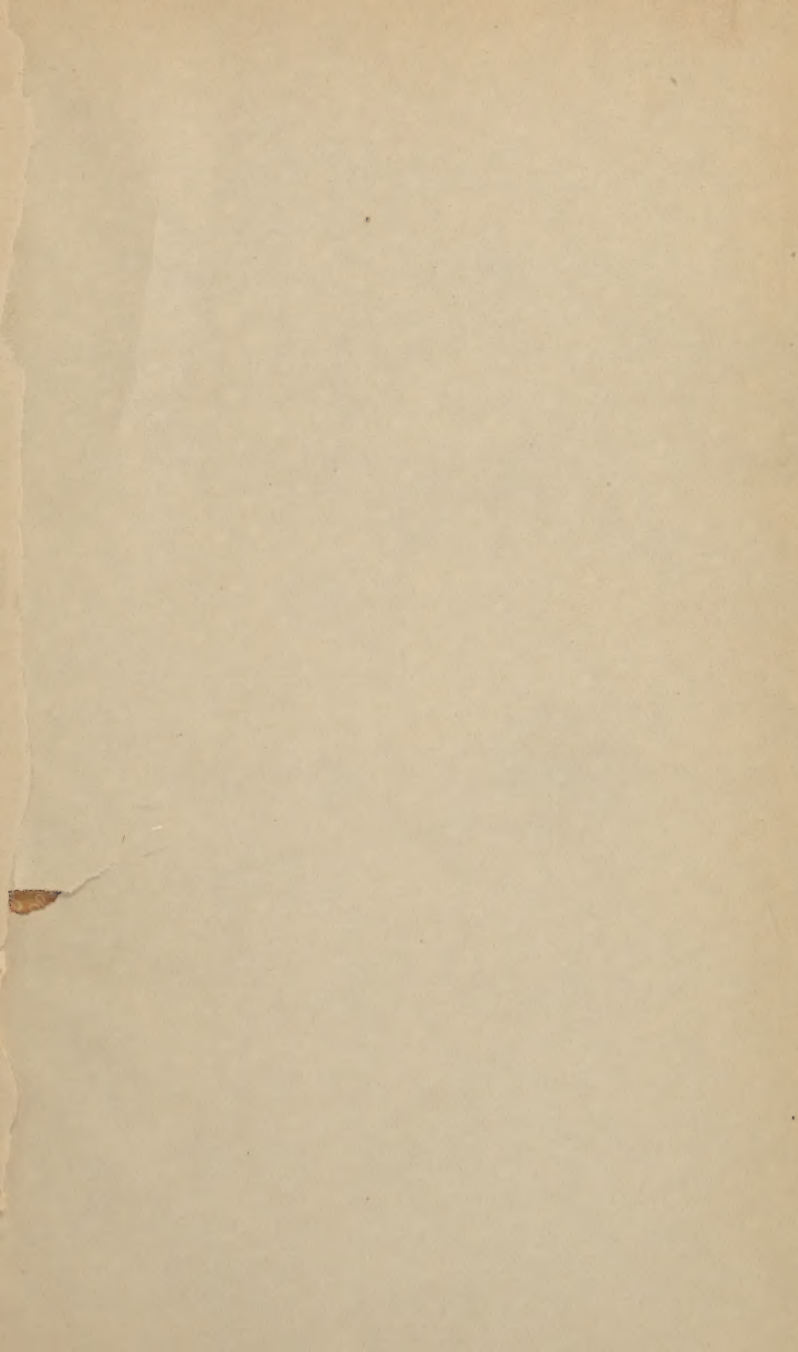
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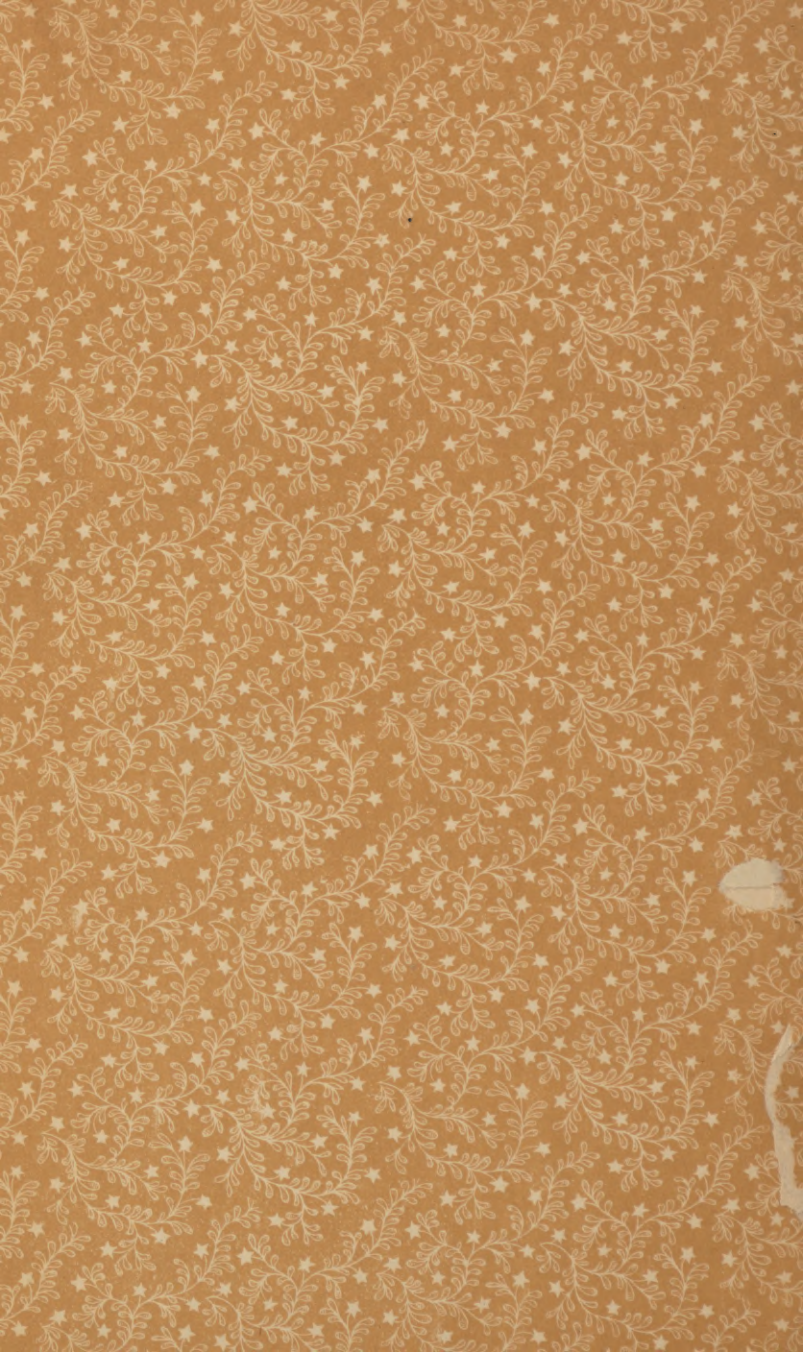
















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